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good libations 106

Four simple big-batch cocktail recipes to please the summer party crowd.



98 out for fun

Lots of outside (and almost-outside) space makes a prime gathering spot.

ups and downs

Multiple levels provide the cure for a once-soggy backyard.



loving summer

It's a new-fashioned Texas-style cookout with chef Tim Love.



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between friends



ready, set, play!

I'm pretty sure I was born a summer person. In fact, I'm certain I was, because my birthday coincides with the summer solstice. Throughout my childhood, June delivered any kid's dream: school year over, swimming pools open, and a birthday party on the longest day of the year.

Even now, I think of June as a call to play. It's a month for outdoor concerts, local festivals, and backyard fun. *Better Homes and Gardens*® readers are all in, as we learned when we asked on Facebook about your

favorite warm-weather parties. Easy barbecues and cookouts are staples, but you like to think bigger, too. You love bonfires and backyard campouts; neighborhood game fests; corn roasts, Cajun feasts, and lobster bakes. Just to name a few.

I took personal inspiration from Ohio reader Regina Palumbo-Shatzer, who hosts croquet by candlelight—a grown-up twist on a childhood favorite. Our food editor's idea for the perfect food pairing: dark-chocolate-and-blackberry s'mores served with a deep, dark Zinfandel.

Our June issue reaches out to the fun seeker in us all, with big and small ideas for summer play. Celebrity chef Tim Love joins us with a modern surf-and-turf menu from his Texas ranch ("Loving Summer," page 112). Diana Dickinson, our resident editor-in-fun, suggests laid-back gathering ideas for your "Best Summer Weekend" (page 41). Top mixologists share refreshing cocktails made from six or fewer easy-to-find ingredients ("Good Libations," page 106).

When the days are warm and the light is long, we're all summer people. Grab the spirit, and play on.

Gayle Goodson Butler,
Editor in Chief

take your favorite magazines on the road

Logging some travel time this summer? You can take all your favorite reads with you on your tablet or smartphone. Next Issue Media, the online newsstand, gives you 149 titles, including BHG, for just \$9.99 a month. With recipes, design tips, garden plans, and color palettes right at your fingertips, your time in the airport lounge or the passenger seat will fly by! BHG.com/NextIssue



contributors

MATTHEW ROBBINS DESIGNER

"FISTFUL OF FLOWERS" p. 12

Matthew lives in New York City, where he contributes to *Martha Stewart Weddings*, *The Huffington Post*, and *Sweet Paul Magazine*. He also speaks at events all over the world. "Every party, small or large, needs fresh flowers," he says. "They really change the tone. They soften the table and the space. They bring an element of ease."



ERIKA HOLLINSHEAD WARD

DESIGNER

"BERRY-LICIOUS" p. 36

Erika is an award-winning Atlanta-based designer whose work has also appeared in *Jezebel*, *House Beautiful*, and *Home & Decor*. Her first career was as an accountant, but, as she says: "Love always



wins. My grandfather was an architect, and he instilled in me a love for design that just wouldn't go away."

CON POULOS PHOTOGRAPHER

"LOVING SUMMER" p. 112

Con's photography has appeared in *BHG*, *Food & Wine*, *Martha Stewart Living*, and many other magazines. What's on his grill? "Lamb on the spit—that's my specialty. It's hard to do living in an apartment in New York City, but when I go home to Australia, I always make that effort."



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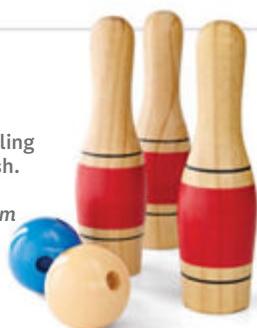
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11main.com



Early bird special Forget lunch—pack that picnic basket for a breakfast outing! Just don't forget the java or your yoga mats, say the ladies of The Portland Picnic Society. They put the mats under blankets to block morning dew and add stability. Find menus and more in their new book, *The Picnic: Recipes and Inspiration from Basket to Blanket* (\$19.95; Artisan).

Pretty easy Summer style is a breeze with double-duty makeup and a cute hat to keep you cool. Straw fedora, \$26; surffanatics.com. Tata Harper lip and cheek tint, \$35; tataharperskincare.com.

Private eyes Don't care to share your family vacay or new bikini pics with the world? Group photo app Cluster takes all guesswork out of the multiperson picture swap—only invited users can see and post to albums. Free for iOS and Android; cluster.co

Pitch perfect The Great American Campout kicks off June 27 and lasts till Labor Day. Find out whether your local park is hosting a sleepover, or just hit the backyard. nwf.org/campout

Park bench ballet When exercise trends collide: outdoor + barre. Hat tip to Lava Barre studio in Arlington, Virginia, where we spotted the mash-up in a local park, but anyone can get in on the spin with the Barre3 mobile app. The 10-minute workouts are quick but still bring the burn. \$4.99 for iOS



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michaelaram.com

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the happy moviegoer

Love & Mercy

Brian Wilson, the man who more than anyone else is responsible for the soundtrack to America's endless summer, has a story that's by turns tragic, tender, and ultimately triumphant. Paul Dano and John Cusack inhabit the Beach Boy genius for this transporting biopic. Out June 5.



WHO KNEW?

Originally, iced tea was made with green tea, not black, and often included a tipple.

Green Tea Sangria

1 bottle white wine
1½ cups green tea
½ cup sugar
½ cup lime juice
Mixed melon slices

Before adding fruit, stir ingredients until sugar dissolves. Add melon; chill. Garnish with lime slices before serving.



shelf life

Beach reads

Shore up your summer reading list with heart-wrenching setbacks, dramatic revelations, and thrills, thrills, thrills.



The Day We Met
a novel
by Rowan Coleman
(\$15; Ballantine)
Triumph over adversity, lost loves, and early Alzheimer's. Bring tissues.



Summer Secrets by Jane Green (\$26.99; St. Martin's)
Long-lost sisterly intrigue on Nantucket island.



The Girl on the Train
by Paula Hawkins (\$26.95; Riverhead)
Haven't read this high-speed thriller yet? Put it in your beach bag!

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Matthew's trick: "The secret to success with this type of arrangement is to limit your ingredients to three components."

FISTFUL OF FLOWERS

Event designer Matthew Robbins knows how to make a summer table look special in a few easy strokes. Cluster inexpensive brass bowls down the center. Fill some with large fluffy blooms (think dahlias, peonies, or blown-open garden roses) and a snip or two of viburnum berries or sage. Antiqued hammered brass bowls (\$9.99 each) and plate (\$12); jamaligarden.com

Cut stems short
so the face of each
bloom rests just
against the top of
the bowl.

I am



A Summer Sparkle Tote packs flat and carries it all,
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Tunesters of all ages play that funky (and country and bluegrass and folk) music at PorchFestKC.



SPOTTED:
Handcrafted cocktail napkins from Owl + Mouse are too hip to be square.
owlandmouse
textiledesigns.com

Fountaineering: KC boasts more than 200 water spots.



Bakery love: Pets get their fix at Three Dog Bakery, and humans at The Upper Crust (three-slice flights every third Friday!).

ON LOCATION city of fountains

KANSAS CITY, MO

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Craft snow cones and hyper-local tchotchkies? Everything's definitely up-to-date in Kansas City.

PORCH-A-PALOOZA One day, 20 blocks, 70 micro-concerts: It's PorchFestKC on June 13, when residents of the West Plaza neighborhood open their yards to put on a music show. Stroll through the different genres, or if you want to stay and listen, it's BYOS (bring your own seat). porchfestkc.com

MAJOR CRUSH The snow cone is king at Little Freshie's sweets cafe. From-scratch, seasonal syrups (mmm...blackberry-lavender, strawberry-rhubarb) make the icy refreshment that much cooler. Local tip: The syrups are also the secret sauce in select margaritas at farm-fresh Midwest-Mex spot Port Fonda. littlefreshie.com

FOR KEEPSAKE Sick of KC souvenirs made in China, local makers Suzanne Southard and Tiffany King came up with the SouveNear vending machines dispensing mini artworks, letterpress postcards, statement Ts, and other locally sourced wares. souvenear.com

DOMESTIC GOODS Urban Provisions General Store is a thoroughly modern mercantile, featuring products made in the United States. Check out the clever design-it-yourself overhead-light bar: Pick a pendant shape, bulb type, and cord of choice, then plug away. urbanprovisionskc.com

SMOKIN' GOOD KC wouldn't be KC without barbecue. Bring a delicious taste of the action home in the form of Wood + Salt's beautifully packaged rubs, brines, and smoked salts. woodandsalt.com ■



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SOFT TOUCH

The same plant that makes your favorite T-shirt super soft also smooths skin, defines curls, and offers subtle scents.

From top, left to right: Shu Uemura Art of Hair Cotton Uzu Defining Flexible Cream, \$38; shuuemuraartofhair-usa.com. Formula X Quench Cuticle Oil, \$14; sephora.com. Clean Cool Cotton Eau de Parfum, \$69; sephora.com. & Other Stories Cotton Care Coutille Body Cream, \$20; stories.com. Burt's Bees Sensitive Eye Cream, \$18; drugstores. Q-tips Beauty Rounds, \$3.99; drugstores.



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**WET PAINT**

"Sheswai polishes are all-natural and come in pretty poppy pinks." \$16; amazon.com



An inexpensive necklace freshens up a plain old T-shirt. \$19.99; target.com



 "This palette makes shadow a no-brainer." Chanel Quadra Eye Shadow, \$61; chanel.com

ORANGE CRUSH

"Adding bowls of citrus to the table is my favorite easy way to bring in color."



"Taking the party to the backyard makes decorating super easy. You can let nature be your backdrop."



Skin Trip Moisturizer smoothes and softens. \$10.79; drugstore.com



Create your own outdoor lounge with piles of pillows and rugs. Ombré pillow, \$24.99; target.com



"I always splurge on one nice scented candle for our entryway." Le Labo Santal 26, \$70; lelabofragrances.com

IN PERSON

soleil moon frye

Beloved child actress, social media star, host of OWN's *Home Made Simple*, and author of *Let's Get This Party Started*

BY GENEVIEVE MONSMA

HER STORY The actress who played quintessential '80s kid Punky Brewster is all grown up. Now a married mom of three in Southern California, Soleil has made a career of making entertaining easier for other moms. She's a partner in Seedling, a website that offers boxes filled with favors, decorations, and activity kits for themed parties, and she regularly posts kid-friendly projects on her social media feeds.

BLUE JEAN MAMA "I'm a jeans and T-shirt girl, even when I have friends over," Soleil says. "I spice it up with colorful necklaces—I get them at Target—and my favorite peachy lip gloss, Kevyn Aucoin The Lip Gloss in Nerine." \$30; barneys.com

TWICE AS NICE "Who has time for tons of steps before everyone arrives?" she asks. "I like Skin Trip Mountain Ocean Coconut Moisturizer because it doubles as a beachy scent."

LIGHTEN UP "In June, I tend to focus on serving light, simple foods like a summer salad filled with fruits and veggies from the farmers market. Or I'll put cheese, berries, and grapes on a gorgeous slab of wood, then serve with light pastas and lots of yummy cocktails."



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IN THE KNOW

summer polish

BY ELLEN MILLER



3 RULES FOR ...

making your pedicure last

- 1 IT'S ALL ABOUT THAT BASE** Sure, you might be tempted to skip this step, but it's worth the time to brush on a good base coat before applying color. Base will not only protect your natural nail bed—darker colors can cause stains—but its thicker, slightly sticky texture helps polish adhere to your nails, preventing premature peeling. Bottom line: "It's the difference between one week and three," says Patricia DePina, a nail tech at Bliss Spa in Hoboken, New Jersey.
- 2 FINISH THE FREE EDGE** Remembering these four words can help you kick chips for good. Here's what they mean: After you apply color and brush clear vertical stripes of top coat onto the entire nail, go back over the tip or "free" edge with a very thin, horizontal stripe. This extra layer acts as a shield, so your shoes can't rub off a corner of color. (FYI: This trick works on fingertips, too.) Between pedicures, repeat this process once a week to amp up shine and ward off dings—just be sure everything is completely dry before hopping into bed. Sheet lines are the absolute worst.
- 3 EXFOLIATE (AND MOISTURIZE) LIKE IT'S YOUR JOB** While polish is the most obvious hallmark, a pedicure is really about the whole foot. Dry skin on your heels and toes is a dead giveaway that you haven't given your feet any love recently. To keep calluses in check, make exfoliation part of your shower routine. "Place a blob of scrub onto a foot file and quickly run it over rough spots, avoiding the nail beds," DePina says. After you step out, slather on a thick layer of cream or lotion. Extra credit: Once a week, smooth on a foot cream before bed—these products typically contain exfoliating acids plus the most effective moisturizers. Follow with thick socks, and your feet will be salon-soft when it's time to hit snooze.

polish picks

See-worthy

A wave of ocean-inspired blues and greens is rolling in for summer. Our four new favorites:

DEEP TEAL

Chanel Le Vernis Nail Colour in Méditerranée, \$27; chanel.com

POWDER BLUE

Zoya Nail Polish in Rayne, \$9; zoya.com

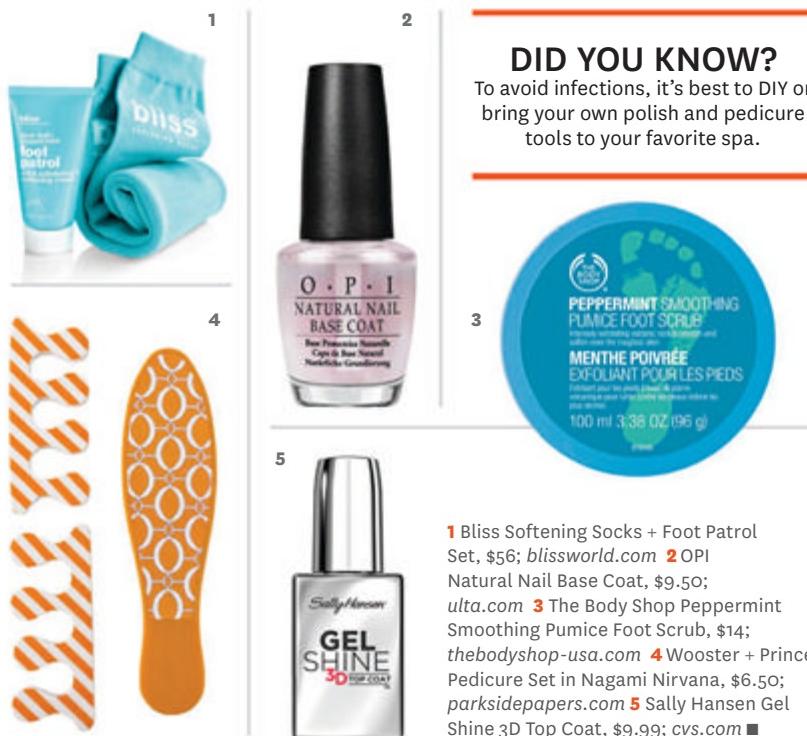
PERIWINKLE

Essie Nail Color in Pret-A-Surfer, \$8.50; essie.com

JUNGLE GREEN

Jin Soon Nail Lacquer in Tila, \$18; jinson.com

5 PEDICURE ESSENTIALS



DID YOU KNOW?

To avoid infections, it's best to DIY or bring your own polish and pedicure tools to your favorite spa.

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serve up summer

Blogger Camille Styles knows how to throw a party. Take a peek inside her new entertaining book for the secret to mixing the colors and tastes of the season in easy-breezy style.



Nix the grocery list; instead, make your way to the local farmers market to gather the goods, from fresh blooms to in-season eats.



A plump red radish tied with twine makes an inexpensive and edible napkin holder.

Started my Camry.
Rescued a dog.
Searched for the owners.
Uncovered a plot.
Escaped with the evidence.
Took a leap of faith.
Left them all behind.
Kept the dog.

THE **BOLD** 2015 **CAMRY**

ONE BOLD CHOICE LEADS TO ANOTHER.

A red Toyota Camry is the central focus, parked on a desert road. A woman with curly hair, wearing a tan jacket and jeans, stands next to the car, holding a clipboard and looking at it. A bulldog sits on the ground near her feet. Scattered around the car are pieces of broken white porcelain. In the background, a large concrete bridge spans a deep, layered rock canyon. Two men in dark suits stand on the bridge, one pointing towards the horizon. The sky is a clear, pale blue.

The 2015 Camry. Our boldest Camry ever.
toyota.com/camry

Prototype shown with options. Production model will vary. ©2015 Toyota Motor Sales, U.S.A., Inc.



Let's
Go
Places



Spike fresh-squeezed juice with a splash of sparkling wine and a dash of basil simple syrup for a refreshing cocktail.

FANCY FREE

Camille's recipe for summer party success? Keep it simple! Start with the palette: "Bold coral stripes become a vibrant foundation for the rest of the table," she says. Add a colorful bouquet and casual place settings, then finish with a fuss-free cocktail and easy-assembly appetizers that capitalize on the season's sweet bounty. "Summer is all about being carefree," Camille says. "Fine china and perfectly arranged flowers just don't feel right!"

What to serve Crostini make perfect party fare. Some of Camille's favorite combos:

Corn + cilantro + sriracha mayo	Cherry tomatoes + arugula + pesto	Peaches + ricotta + prosciutto
--	--	--



STEAL CAMILLE'S PARTY TIPS!

Camille shares more of her best summer party tips in our Style Spotters blog. BHG.com/Camille



NEW VESSEL

Think beyond the vase. Try a footed compote for a gorgeous natural arrangement. "It allows flowers to gracefully drape over the edge," Camille says. La Patisserie Footed Bowl, \$40; rosannainc.com

SET THE SCENE
Choose a bright tablecloth in your party's color scheme (this one comes in blue, too). Warm Stripe Picnic Tablecloth, \$9.92; walmart.com



PARTY PLANNER
Ready to plan your next get-together? Find Camille's fresh party ideas for every season in *Camille Styles Entertaining*, \$29.99; camillestyles.com ■

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home

10 THINGS TO LOVE ABOUT *weekend style*

Relaxed and inviting, this chic cottage welcomes you to kick off your shoes and join the party.

BY SALLY FINDER WEEPIE
PHOTOS DAVID LAND | PRODUCED BY EDDIE ROSS

1 OPENING ACT

A large sliding window keeps Jackie Keber, at left, connected to friends on the screen porch, even when she's busy in the kitchen. The butcher-block counter makes a handy buffet.



"THIS IS A BAREFOOT HOUSE,"

Chris Keber says. Friends, kids, dogs—all are welcome in the cedar-shingle cottage he shares with wife Jackie and son Fritz on eastern Long Island, near the sun and sand of Shinnecock Bay. "We're a gregarious family," Jackie says. "We can always squeeze in more people for some fun." So go ahead, pass eats from the kitchen to the screen porch, dash outside for soccer on the lawn and sand castles on the beach, or just sprawl on the sofa with a furry friend. This house is stylish, sure, but it's also up for anything, thanks to shrug-it-off fabrics, gray-stained oak floors, and a comfortable mix of furniture. "It isn't a museum full of precious things," Chris says. "Our house is truly livable."



COME IN!

The slider brings sun and leafy views from the screen porch to the cooking zone.

2 ISLAND LIFE

Butcher-block sections at each end of the island, *left*, fold down for easy traffic flow in the kitchen. They flip up to add work space or create a casual meal spot—it's a favorite of 3-year-old Fritz. An undercounter fridge keeps drinks handy.

3 COASTAL COLORS

Sunny yellow, warm coral, and botanical green accents splash energy into a calm blue-and-white palette. Blue on the back of bookshelves, *right*, adds depth and highlights collectibles.

4 GOT YOU COVERED

Wayward ice pops? Grimy paws? No big deal. Jackie had the sofa (a \$200 Goodwill find) re-covered in outdoor fabric that stands up to the canine capers of Mrs. Butters (on couch), Teddy (on floor), and their kid companion. Other fabrics are treated with stain repellents.

CUE THE BAND →
Yellow banding adds a jazzy note to basic white curtain panels.



5 DELICIOUS MIX

"I like a high-low blend of furniture," Jackie says. "Bungalow 5 and IKEA, Design Within Reach and CB2, vintage and tag sale." In the dining room, Serena & Lily bistro chairs made of rattan and woven plastic are kid-tough—and lightweight enough to be pulled onto the screen porch when the gang's all here.

Lulworth Blue 89
Farrow & Ball



COSMIC BLUE
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**LOOK, MOM,
NO BUGS!**

Playdates are even more fun in the comfort of the screen porch.



6 EASY, BREEZY “We live on the screen porch (*above*) in warm weather,” Jackie says. “We eat all our meals there, entertain there—it’s our summer living room.” Rattan furniture includes yard sale finds that she refinished and outfitted with cushions clad in outdoor fabric.

7 SMART STEPS Gray tile on the screen porch and solid oak flooring elsewhere make sense for a high-traffic home. “Gray hides a lot of sins—sand and dog hair included,” says Jackie, who loves layering on seagrass and patterned rugs.

8 BRIGHT SPOT Coral, an accent color elsewhere, makes its big splash in the foyer, *far left*, where walls are covered in sisal from Scalamandre. Jackie had the large-scale bamboo mirror painted to match the front door. “I love the nautical blue,” she says. “It’s respectful of the area.”



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What should be discussed with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

- Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.



**Brief Summary
of Important
Risk Information**
**NAMENDA XR [Nuh-MEN-dah Eks-Are]
(memantine hydrochloride)
Extended-Release Capsules**



This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
- If you have forgotten to take NAMENDA XR for several days, do not take the next dose until you have talked to your healthcare professional.

What if I take more NAMENDA XR capsules than I should?

If you take too much NAMENDA XR, call your doctor or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What other information should I be aware of?

- The use of NAMENDA XR in children is not recommended.
- You should not breast-feed during treatment with NAMENDA XR.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

To learn more, go to www.NAMENDAXR.com or call 1 800-678-1605.

Please also see full Prescribing Information at www.namendaxr.com.

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What is NAMENDA XR?

NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should I discuss with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of your past and present medical conditions, including:

- Seizure disorders
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- Liver, kidney, or bladder problems

If you are taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for you.

- Use caution when taking Namenda XR with other medications. Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects in patients taking NAMENDA XR were headache, diarrhea and dizziness. This is not a complete list of side effects.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**9 GROWING UP**

A Greek key headboard, chambray bedding, and natural fiber shades in Fritz's room, *above*, will easily transition with him from toddler years to boyhood. The bamboo desk has been handed down through the generations. It once belonged to Chris' great-grandfather.

10 GREEN SCENE

An outdoor shower, *right*, segues from backyard to bath. "You can wash the sand off before you go inside," Jackie says. "It's great for dogs." She chose a fun, punchy wallpaper for the small space. "I love how the green connects to the green outside," she says. ■

For complete buying information:
BHG.com/Resources



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berry-licious

Combine the yummy hues of sun-warmed berries with creamy tones for an irresistible palette that works in any room.

CLOUD WHITE

OC 130 To bring out the tart intensity in a berry shade, choose a crisp, cool white for trim or kitchen cabinetry. *Benjamin Moore*



OLD ROSE

A38-3 This livable pink makes a bedroom feel relaxed and inviting. Give it steely contrast from midnight blue, onyx, or concrete to keep from veering juvenile. *Olympic*



DEEP CREAM

NA18 Yellow undertones soften and warm this white, which shifts a berry tone from playful to relaxed in a family room. *Ralph Lauren*



WILD THISTLE

630F-4 This sophisticated gray-grape can be the dominant shade in a monochromatic living room. Or, in a fun dining space, stir it into a punchy mix with marigold, fuchsia, and Kelly green. *Behr*



RAPTURE

1-8 Spark awe by painting this impactful hue on entry walls, up staircase risers, or above the mantel. *Pratt & Lambert*



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Erika Hollinshead Ward

MEET ERICA Born and raised in Atlanta, this soft-spoken Southerner isn't laid-back about using color. "Color, more than anything, makes a home come alive," she says.

GO GROWN-UP "Choose berry colors with gray undertones to make a room feel mature and sophisticated. I like to use these colors paired with leathers, wools, and menswear patterns."

CUT THE SWEETNESS

"Contrast is the key to making candy tones work in any room. Deep, dark shades such as navy or espresso (as seen in the bedroom floor, left) keep berry hues from feeling too whimsical. The zing of a tart hue like orange will also give them life."

STAY ON TREND "We're seeing a lot of gold and brass in home decor, and berry colors work great with those hues. Metallics add that hit of maturity."

CREATE A MOOD WITH BERRIES AND CREAM



ACCENTS (left to right) Deep Sunset, Grassland, Ivy Pasture (Valspar)

IN TUNE WITH NATURE Walls are a neutral background to let the earthy hues of flora and fauna and vivid violet grab your eye. To complete the look, choose flooring in a dark bark brown, and layer in natural textures, such as woven baskets and stone.



ACCENTS (left to right) Coral Reef, Irresistible, Sensuous Gray (Sherwin-Williams)

ISLAND CHIC A whispery berry shade on the walls flatters. Or, for more verve, use the coral over white wainscoting and accent with pale pink. The gray is heavy enough to ground the flightier hues in an appealing balance of masculine and feminine shades. ■



Play with these colors in a real dining room with our Color Studio. BHG.com/Digital

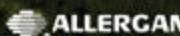
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BY DIANA DICKINSON AND HALI RAMDENE | PHOTOS BLAINE MOATS
FOOD STYLING GREG LUNA | STYLING JESSICA THOMAS AND JARRET EINCK

It's **SUMMER**. It's the **WEEKEND**. Does it get any better? You bet your sweet gelato it does! Dip into our **FUN-TASTICAL** finds and ideas.

**SORBET,
ANYONE?**

Find this watermelon sorbet recipe, plus five more watermelon-filled treats.
[BHG.com/Watermelon Ideas](http://BHG.com/WatermelonIdeas)



MMMM-MELON

Nothing says summer like watermelon, and we're keen on working its charms beyond the simple slice. Serve your favorite ice creams in the shell, for one, or blend it into a cocktail (*psst*, there's one on page 106).



BEST
Summer
WEEKEND

HIT THE WATER

Don't let a wet phone wash out your day at the pool. These water-, shock-, and dirt-proof cases come in 10 colors. Armour Shell iPhone 6 Case, \$59.95; [amazon.com](#)



OUT & ABOUT

Summer's calling. Get out and seize the season with pretty, practical, and totally totable gear.



SHOP THE MARKET

Playful and surprisingly tough, this extra-roomy sisal tote can hold a weekend's worth of farmers market fare. An inside pocket is perfect for stashing loose change. Mar Y Sol Caracas Bucket Tote, \$128; [garnethill.com](#)



CATCH A CONCERT

Sit pretty at music fests and outdoor concerts with fold-and-go seats. Folding Footstools, \$80 each; [quelobjet.com](#)

GO, DOG, GO! Bringing your buddy along just got easier.

This pooch-friendly travel organizer has a removable interior divider to separate the toys and treats from the leash and bags. Bonus: The lid doubles as a water dish. PetNic, \$90; [alessi.com](#)



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BEST Summer WEEKEND



RAD SNACK

Fresh radishes and a pinch of sea salt make a great summer couple.

GRILL TO TABLE

Acacia wood makes this pizza board pretty enough to stay on the table. Round Board with Handle, \$50; blisshomeandadesign.com

GRILL-OUT: VERSION 6.15

Why should burgers get all the love? Fire up for the new darling of char: pizza.

THE MENU Prep fresh ingredients on the side (basil pesto, ripe peaches, grilled chicken) and let guests personalize their pizzas. Toss a salad and call it a summer day.

THE SET-UP Keep it casual with a help-yourself table. Fresh basil makes a snappy snippable centerpiece, and a big pitcher of drinks is ready to pour. Universal Expert Snack Platter, \$25; westelm.com. Pomegranate Bauble Pitcher, \$36; canvashomestore.com. Stack plates, flatware, and napkins for grab-and-go dining. Coastal Blues Melamine Dinner Plates, \$59.95 for four; williams-sonoma.com. Teak Flatware, \$52.95 for set of five; wayfair.com. Jolie Print Cotton Napkins, \$8.95 each; tag2u.com.

THE PATIO SCENE Upgrade your outdoor space. Galvanized metal and folding legs make this table and bench weather-resistant and storage-friendly. Desna Table, \$580, and Bench \$280; shopportal.us. This outdoor rug has it all: It's reversible, it's eco-friendly (made from reclaimed materials), and it washes off with a garden hose. Oriental Rug, \$129 for 5x8'; vivaterra.com.



Hello, Sunshine

Summer is heating up, and Pier 1 has everything you need to throw the most colorful parties this side of Labor Day. Sleek, spacious table? Check. Bold, UV-treated pillows and cushions? Check. Vibrant, shatter-resistant dinnerware? Check. And festive paper lanterns that keep the lights on all night long? Just add guest list.



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BEST Summer WEEKEND

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- BLANKETS
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- DRINKS COOLER
- NAPKINS
- LANTERN
- MUNCHIES

Skip the popcorn and fill a bowl with this remix on a classic party snack. Our new take stars dried pineapple and coconut. Get the full recipe and more new takes. [BHG.com/](http://BHG.com/SnackMix)
SnackMix



FOLD AND STORE

This canvas cart folds up and in for skinny storage.

Folding Utility Cart, \$99;
homedepot.com

DIY CONES

Decorative paper makes cute scoop-and-serve cones. Get a free template. BHG.com/ConePattern

THE BIG PICTURE

Here's what you need to set the stage for summer movies.

SCREEN If the side of your house or garage is white or off-white, you're set. If not, inflatable outdoor screens are affordable options. You can DIY a screen using a sheet, drop cloth, or reflective blackout cloth (available at fabric and home stores).

PROJECTOR They're easy to rent from rental centers or borrow from libraries. Look for projectors with 2,000 or more lumens (brighter, more vivid images mean better viewing—especially at dusk) and easy HDMI connection (for Blu-ray or your computer). If you're ready to buy, our pick: Epson PowerLite Home Cinema 600, \$359.99; epson.com

SPEAKERS Big sound doesn't have to mean big bucks. You can't beat wireless outdoor speakers for easy set-up and cost. Look for speakers with enhanced bass. Our pick: AR Pasadena, \$99.99; acoustic-research.com



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THE ART AND SCIENCE OF SODA FLOATS

The chemistry is undeniable. Soda introduced to ice cream, sorbet, or gelato results in a fizzy delight that makes any summer afternoon an occasion.

DEEP FREEZE

The key to a long-lasting float? Keep everything cold, cold, cold. Prescoop ice cream and freeze on a tray. Add it to chilled glasses and pour cold soda for a float that stands up to sunny afternoons.

COME ONE, COME ALL

Gelatos, sorbets, sherbets—and, of course, ice cream—work in floats and open the door to new and playful combinations.

GLASS ACT

With a weighted base and narrower top (to catch foam), these 12-oz. glasses are perfect for floats. Splügen Beer Glass, \$32 each; alessi.com

RASPBERRY + GRAPE

Add a few scoops of raspberry sorbet to a glass and pour fizzy grape soda. The double fruit flavor is a party in a glass!

STRAWBERRY + LIME

An unexpected combo of strawberry soda and punchy lime sherbet takes floats to hall of fame status. Don't forget to salt the rim!

GREEN APPLE + CARAMEL

This super float brings together green apple soda and dulce de leche ice cream. Add a caramel drizzle and toast to summer. ■

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"MY BELLY PAIN AND CONSTIPATION KEEP RETURNING LIKE A RAGING STORM."



Proactively manage your recurring symptoms with LINZESS®

Does it seem like you've tried almost every laxative for your IBS-C or CIC symptoms, but they keep returning? You could need something else. It's time to talk to your doctor about your belly pain and constipation. Then ask about LINZESS, a once-daily capsule that's approved to help adults manage symptoms of IBS with Constipation and Chronic Idiopathic Constipation. "Chronic" means the constipation is long-lasting or keeps coming back. "Idiopathic" means the cause is unknown. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your belly pain and let you have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your IBS-C or chronic constipation symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C or CIC. It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- Do not give LINZESS to children who are under 6 years of age. It may harm them.
- You should not give LINZESS to children 6 to 17 years of age. It may harm them.
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- About all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Chronic Idiopathic Constipation (CIC)

**"I'VE TRIED LAXATIVES,
BUT MY CONSTIPATION STILL COMES
BACK LIKE A HEAVY WEIGHT."**



IMPORTANT RISK INFORMATION (cont.)

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see brief summary of Medication Guide on the next page.

To learn about our money-saving offer, visit LINZESS.com.



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LIN26546-c 03/15

Linzess
(linaclotide) capsules
145 mcg • 290 mcg

**Brief Summary of
Important Risk Information**

**LINZESS® (lin-ZESS)
Capsules**



This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown.

It is not known if LINZESS is safe and effective in children.

What is the most important information I should know about LINZESS?

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?

- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?

LINZESS can cause serious side effects, including:

- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.



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Sure we made that word up.
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whole lot of delicious.**



UNIQUE IN EVERY WAVE™



"In the South, we love having people over for a drink," says event planner Tara Guérard, above. Her cocktail trayset from letteredolive.com, right, includes chic bar accessories.

the happiest hour

Entertaining pro Tara Guérard is doing her part to bring back the cocktail party. She shares her magic formula for a backyard soirée that's chic, fun, and easy on the hostess.

BY JODY GARLOCK | PHOTOS DAVID TSAY
PRODUCED BY SANDRA L. MOHLMANN | STYLING SARAH CAVE



DRINKS ARE ON THE HOUSE—AND IN THE GARDEN

for Tara Guérard.

"Inviting someone to your home is the most personalized way to create relationships," says the Charleston, South Carolina, event planner. Her thing? The cocktail party—easy to pull off even with a busy family and work life. Ready to clink the glasses? Consider Tara's tips.

PARTY TIP #1 *Location, location, location.* Hold even the simplest party in the garden, and it's special. A table under a light-strung tree or big umbrella has a similar effect. "The main thing is to create some kind of ambience," Tara says.

PARTY TIP #2 *Drinks are the star.* Tara has a fully stocked bar (liquor, wine, beer, nonalcoholic drinks) to keep everyone happy. Trays contain the bar, opposite. Glassware is mandatory. "A drink never tastes as good in plastic," Tara says.



HOLD THE PAPER
Embroidered linen cocktail napkins class things up.
\$40 for four;
letteredolive.com



EMBELLISH IT
Ribbon (adhere it with fusible web) makes a plain tablecloth look special.



Tara stretches her small bistro table into a buffet, top, by topping it with thick plywood and a tablecloth. Easy-grab foods include, above, from left, cold cucumber soup in juice cups, make-your-own sandwiches, and mini Key lime pies on bread and butter plates.



CHEERS!
Tara takes a
one-size-fits-all
approach to
glassware. She
uses the same
tumblers for all
kinds of drinks.

**SO HANDY**

The island is a prep and party hub—narrow so people can move around it; long so it can handle a spread of food.

PARTY TIP #3 De-stress the menu.

Tara often serves takeout, such as the cucumber soup she buys by the pint. "It's the way of life today," she says. Tomato sandwiches, a Southern fave, are another go-to. For a cocktail party, even a platter of cheese or bowls of nuts can suffice.

PARTY TIP #4 Create a good flow. Put some separation between the food and drinks to avoid a tight cluster of people. "But there's a happy medium," Tara says. "You also want your party to feel full because that makes it more fun."

PARTY TIP #5 Make guests comfortable.

"You need to go the extra mile," Tara says. That includes everything from a comfy room temperature to full food plates. Her pet peeve: Chairs pushed up to a table, making it hard to get to the food. ■

The long island in the kitchen, above, works as well for party prep as it does for serving a buffet. Open shelves provide restaurant-style efficiency. French doors line the sunroom, right. "I love that I can open all the doors into the garden and not have a logjam of guests inside," Tara says.

**FREE
PARTY KIT!**

Get the perfect recipes and tips for a stylish cocktail party.
[BHG.com/
CocktailParty](http://BHG.com/CocktailParty)



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to be a pair
of jeans.
Recycle me."*



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KEEP AMERICA
BEAUTIFUL

tech out your deck

Take your outdoor living space up a notch with technologies that deliver the comforts of home outside.

BY SUZANNE KANTRA

Going outside means unplugging and risking a few raindrops, but that doesn't mean you need to leave your tech behind. Advances in battery technologies and solar panels have made it possible to power lighting and music systems, among other devices, well beyond the life of the party. And smartphones, when protected by rugged waterproof cases, bring computing power everywhere, making it practical to build smarts into everything from grills to wet bars.



PHOTOS: (PARTY) REED DAVIS, (SPEAKER) BLAINE MOATS

Two irresistible flavors

I can't believe they're making
a megastar like me do this.

Hey, I know those guys.





AR Hatteras
Speaker, \$219.99;
acoustic-research.com

LET THE MUSIC PLAY Get rich, enveloping sound with a portable, sturdy Bluetooth speaker. Water-resistant models start at just \$20 for a small, personal speaker and range well above \$200 for something that will fill your entire deck with sound. This new model, left, caught our eye with its 360-degree light and 40 watts of audio power.

SHED MORE LIGHT You'll find clever ways to add light without detracting from your outdoor space: solar-powered lights built into patio umbrellas, solar lanterns you can place where needed, and battery-powered lights you can clip to your grill for nighttime cookouts (such as the Fulcrum 20019-301 LED light, \$20.21; homedepot.com). The latest innovation lies in outlets and bulbs that have wireless technology built in. You can use them with your existing lighting to give you control—not only turning lights on and off, but dimming them and even adjusting the color.

GIVE THE CHEF A HAND Hosting an outdoor party is easier when you have technology keeping tabs for you. You can invest in a Bluetooth thermometer, like the iDevices iGrill 2 (\$99.99; idevicesinc.com), which alerts you when your steak reaches a programmed internal temperature. The Refuel (\$49.99; quirky.com) monitors your propane tank to ensure you won't run out of gas in the middle of cooking dinner.

And you can effortlessly mix hundreds of cocktails like a world-class bartender with this smart scale and its companion app, right. Simply pour, shake, and stir as guided. ■

Perfect Drink scale
and app, \$49.99;
perfectdrinkapp.com



Our smart home

We're more excited than ever about the latest in technology for the home! Our 2015 BHG Innovation Home, under construction in Mequon, Wisconsin, is filled with smart products and fresh ideas to add ease, convenience, and a little more fun to our lives. We'll be featuring the Innovation Home in our October issue. In the meantime, enjoy a sneak peek online. BHG.com/InnovationHome

under 200 calories.

I don't like the way people are looking at us.



I better be getting paid overtime for this.



Say yes to happy skin



These hypoallergenic products are great on their own. Together? They're even better!

You've taught your family that teamwork is important. When it comes to tackling loads of laundry, the same thing is true. Maximize the impact of Free & Gentle products from Tide, Downy, and Bounce by using all three together in your laundry routine. The hypoallergenic products, completely free of dyes and perfumes, are great for sensitive skin. Your whole family will have cleaner, softer clothes.*

1 Wash

Tide PODS Free & Gentle works in the wash cycle to provide a better clean, removing more residue from dirt, food, and stains.** And while it's tough on stains, it's gentle on skin. Not to mention, a panel of 70,000 consumers voted it the **Best New Single Dose Laundry Detergent in the 2015 BHG Best New Product Awards!**



2 Rinse

The leading "free" fabric softener that's also 100% dermatologist tested, Ultra Downy Free & Gentle Liquid works in the rinse cycle to make clothes wonderfully soft with fewer wrinkles.



3 Dry

Bounce Free & Gentle works in the dryer to soften clothes even further and protect against static. Your family's clothes will feel as good as they look!



*vs the leading free detergent alone

**vs the leading free detergent. Like any household detergent, keep away from children.

SENSITIVE SKIN, A BLANKIE,
AND A MUD PUDDLE.
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Nothing, with Tide, Downy and
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Based on the 2015 BrandSpark/Better Homes and Gardens American Shopper Study of over 70,000 voters nationwide.
For more information visit www.BestNewProductAwards.com.

best dressed

Every bedroom deserves a great dresser. Transform an ordinary chest of drawers into a space that's practical and pretty.

BY AMY PALANJIAN | PHOTOS BLAINE MOATS
PRODUCED BY KATIE LEPORTE



Let your
jewelry act as
artwork. Hang
from colorful
knobs inside a
picture frame.

life is
theorizing
where babies
come
from,

and a memory foam
mattress so you
can sleep like one



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SULTAN HANSBO king memory foam pillowtop spring mattress \$499 25-year limited warranty. See your local IKEA store or IKEA-USA.com/warranty for details. A 1 1/8" thick layer of memory foam in the integrated pillowtop responds to your touch and temperature, conforming to your body's contours for precise support. 11" thick. Comfort: Soft. See IKEA store for limited warranty and country of origin information. Valid in US IKEA stores.



ORGANIZE + ACCESSORIZE

Add style and order to the top of the dresser—and beyond.



Open
drawers
never
looked
better.

OUT OF SIGHT, OUT OF FIND Seeing is believing. It's also the secret to finding that one piece of jewelry. Hang necklaces on the wall using bright knobs. Store smaller items like bracelets in clear acrylic or glass boxes. Trays corral everyday pieces like rings and watches.

PUT A LID ON IT Don't let odds and ends like receipts and coins clutter the top of the dresser. Store them in boxes with lids, and clean the boxes when they get full.

TOUCHES OF PRETTY Add color and personality with fresh flowers, etched glassware, and treasured pictures. Adhere wallpaper, gift wrap, or decorative paper to beautify the sides of drawers.

Wildflower Wrapping Sheets, \$8.50
for three 19½×27-inch sheets;
riflepaperco.com

WIN!

Enter daily in June for your chance to win our favorite storage products. Details on page 170.
BHG.com/StorageWin

mozzmatochi

Triscuit starts with simple ingredients like 100% whole grain wheat.* Then we brought together ripe tomato, fresh mozzarella and chili flakes. Where you take your Triscuit is entirely up to you.

Triscuit madeformore

pinterest.com/triscuit



Jewelry keepers and hangers 1 Glass shadow box with golden finish and linen lining, \$39; [westelm.com](#) 2 Ceramic dish to round up everyday stuff, \$9.97; [walmart.com](#) 3 Callisto knob, \$14; [anthropologie.com](#) 4 Bone and iron knob, \$9.98 for two, and 5 Green embossed ceramic knob, \$7.98 for two; [worldmarket.com](#) ■

For complete buying information: [BHG.com/Resources](#)



her favorite things

This is more than an apartment. This is designer Danielle Colding's life—precious pieces handed down from her mom and reminders of her own trips around the globe and to the local flea market—curated into layered, meaningful rooms.

BY SALLY FINDER WEEPIE | PHOTOS DAVID LAND
PRODUCED BY EDDIE ROSS AND JESSICA THOMAS



Danielle (remember her big win on *Design Star*?) mixes styles and eras, splurges and saves in her eclectic Brooklyn home.

PRODIGY.



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**WORLD VIEW**

Danielle inherited a love of global style (and this table) from Mom.

IN BALANCE

A glam mirror, a white-painted fireplace, and bits of aqua brighten a brick wall.

EVERYONE HAS A STORY.

Some tell it in words, some in pictures, and some—like Danielle Colding—through decorating. “My home is very me,” Danielle says. The sofa, from her mom’s Tudor house, has been her go-to lounge spot since she was a kid. African sculptures and masks recall college days studying anthropology and a trip to Zimbabwe. A svelte French armchair reminds her of a friend who shares her love of vintage and who nabbed this find on the cheap. Modern patterns and fresh fabrics, like the linen on the sofa and the Schumacher floral on the chair, speak to Danielle’s today, as she helps others create layered, personal homes. “I tell people to let their rooms constantly evolve—that’s what breathes in new life,” she says. “Don’t get stuck thinking *This has to live here forever*. Switch out what you display and what you store; sell what isn’t working. You want to have things. You don’t want them to have you.”

Accessories and art bring big personality to Danielle’s 800-square-foot home. She gets a kick of aqua and pink, right, from a juju hat and a ’70s photo from a Temptations album cover shoot.



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available at NudgesDogTreats.com

In the cozy kitchen eating nook, Danielle paired sleek, shapely midcentury chairs, found at a flea market, with a reclaimed wood table for gorgeous juxtaposition.

**TRUE FRIEND**

"My dog, Mia, is a little slice of heaven," Danielle says. "She was a lifesaver after my mom died."

LOVE + ART

Danielle's hubby, Frederic Troadec, displays his favorite pieces on this gallery wall.

Meet Danielle**CAN'T LIVE WITHOUT**

"Books. I'll never be an all-digital girl."

CURRENTLY REREADING

"*A New Earth: Awakening to Your Life's Purpose* by Eckhart Tolle. It's a good reminder for me to focus on creativity—that's why I became a designer."

INSPIRED BY

"Serving on the board of the Museum of Contemporary African Diasporan Arts. Seeing people make art out of nothing is really motivating."

NEXT UP

"Serve as designer on *Hotel Impossible* on the Travel Channel. Finally take my dream trip to India."

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Danielle orchestrates an ebb and flow of color through her rooms. She goes bright and airy in spaces that get great natural light, like her bedroom, *right*, then ups the intensity in other areas, like her office, *below*, where charcoal hues (chic accents elsewhere) take a starring role. "Go bold with color in small rooms," Danielle says. "Feel the drama of it." In the bedroom, her hit of aqua comes from a pair of grasscloth dressers, snagged at a consignment shop—\$250 for the pair. ■

**FRESH MIX**

A tight palette unites the array of pretty patterns atop the bed.

**DESIGN EYE**

Danielle draws inspiration from fashion, like this vintage kimono and global jewelry.

RUBY FRILLS

A new introduction sporting outstanding foliage. It adds texture to mixed containers and is worth growing for its looks alone.

Height: 16–18 inches

**AFRICAN BLUE**

Perennial and tolerant of indoor conditions, this is a good choice if you plan to overwinter basil inside.

Height: 14–18 inches

**PESTO PERPETUO**

This variegated form has incredibly prolific foliage—you'll never run out!

Height: 14–24 inches

**SWEET**

The most commonly grown basil, sweet basil are a favorite of cooks for their robust flavor and large, succulent leaves.

Height: 16–18 inches

**SPICY GLOBE**

A type of Greek basil, its tiny leaves are packed with flavor. The dwarf habit is perfect for pots or windowsills.

Height: 8–12 inches

**OPAL**

One of several dark-purple basil, its deep color is as visually striking on plates as it is in the garden.

Height: 18–24 inches

**MINI PURPLE**

Known for thriving in the heat of summer, it looks unusual but tastes as delicious as other basil.

Height: 8–10 inches

beautiful basil

You know it's delicious. But it's also gorgeous in a pot or a garden—and amazingly easy to grow.

BY ERIC LISKEY | PHOTOS PETE KRUMHARDT

ALL-AROUND WINNER Is basil so popular with gardeners because it's easy to grow? Or looks good? Or tastes great? The answer to all is "Yes!"

Keep what you grow

PRESERVING Basil will die with the first frost. Before the season ends, harvest extra basil for winter use. Dry the leaves in an oven at 250°F for an hour or until crumbly, or hang small bundles of stems in open air for slow drying. Keeping dried leaves intact instead of crushing them will maintain more flavor. You can also blanche then freeze basil leaves.

What to grow

All basil is in the genus botanists know as *Ocimum*, though many distinct varieties and hybrids have been developed over thousands of years, often bearing the geographic region of supposed origin (Greek, Thai, and Italian, for example).

FOR FLAVOR Sweet basils, including the well-known Genovese cultivar, are standard culinary varieties with the classic basil taste. Asian varieties, including Thai basil, are spicier, often with overtones of cloves, anise, cinnamon, lemon, or licorice.

FOR LOOKS Depending on variety, basil might have rich purple, variegated, or mottled leaves. The darker colors make splashy contrast plants, so if you plan to grow basil in flowerbeds or pots, choose colorful varieties. It might be hard to bring yourself to harvest your beautiful plants, but the ornamental types are still excellent for culinary use.



SOURCES

Renee's Garden,
reneesgarden.com

Bonnie Plants, sold at
retailers nationwide

Baker Creek, rareseeds.com

Seed Savers Exchange,
seedssavers.org



Green globes

BASIL TOPIARIES

A grafted basil "tree" is as charming as it gets. And the good news for cooks is that you need to trim a basil topiary regularly to maintain its shape. A Greek strain, this basil is spicier than sweet basil, and tastes great in Asian dishes. The Savour Tree, left, is available at Lowe's, The Home Depot, and Walmart.

Growing

IN THE GARDEN Full sun and ample moisture and fertilizer will produce the leafiest plants. Expect most varieties to top out at 12–24 inches.



PLANTING Most kitchen gardeners will find two or three plants sufficient. If you're happy with one of the standard varieties sold as starts in garden centers, your best bet is to buy and plant seedlings. If you're after a more unusual variety, however, seed might be your only option. Sow seeds indoors in a sterile seedling mix under lights about 4 weeks before last expected frost. The warmer it is, the faster they'll germinate.

PESTS Basil is not especially prone to attack, but can attract occasional pests such as aphids and Japanese beetles. If the infestation is light, simply tolerate it. If you must treat, use only a soap- or plant-base product.

PINCHING Remove basil blooms as soon as they appear. This will promote a larger, longer harvest.

HARVEST As needed, snap off stems, left, with a few leaves on them.



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Let basil take the lead in your summer salad. Pair with raspberries and a light vinaigrette for **BOLD HERBAL FLAVOR.**

TOASTED FARRO CHEESE BITES

Toast 1 cup cooked farro in 1 Tbsp. olive oil over medium heat until fragrant, about 8 minutes. Cool. Shape 8 oz. goat cheese into balls and roll in toasted farro.



a cut above

Chopped basil quickly oxidizes and turns dark when exposed to air. To rapidly cut basil into long strands, use the chiffonade technique: Stack the leaves, roll into a tight bundle, and slice with a sharp knife.



fresh basil salad

START TO FINISH 30 min.

On a platter arrange 6 cups fresh basil leaves, 6 cups torn red leaf lettuce, 2 cups thinly sliced fennel, 2 cups raspberries, and 2 cups sliced red onion. For dressing, in a screw-top jar combine $\frac{1}{3}$ cup champagne vinegar, $\frac{1}{3}$ cup walnut or extra-virgin olive oil, and 1 Tbsp. honey. Cover; shake to combine. Season to taste with salt and pepper. Top salad with Toasted Farro Cheese Bites. Drizzle with dressing. Makes 8 servings. ■

CHIFFONADE IN ACTION

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garden

KNOW-HOW

GROW VERTICAL

Some plants are so eager to grow up. Help vines like Tropic Escape pink mandevilla become living screens with a trellis that doubles as a decorative focal point.

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Trellis, \$14.98;
lowes.com



GARDENING WHERE YOU ARE

Get month-by-month garden tips specifically geared for your region.

[BHG.com/
RegionalTips](http://BHG.com/RegionalTips)

TO-DO LIST

With the spring planting rush behind us, we set our sights on summer tasks in the Better Homes and Gardens Test Garden®.

» **Support crops** Add sturdy stakes or cages around tomato plants before they get too large. Use flexible plant ties to secure stems.

» **Harvest greens** Enjoy salad crops before they bolt and get bitter. Replace with summer crops, such as beans, eggplants, and peppers.

» **Pinch plants** Pinch back fall-blooming mums, asters, and Joe Pye weed every three weeks until early July to promote bushy growth.

» **Prune shrubs** Shape up spring bloomers—including forsythia, quince, and lilac—immediately after they flower.

SOW-EASY VINES

Growing for instant gratification? Plant the seeds of one of these speedy annual climbers.



THUNBERGIA

Black-eyed Susan vine bears cheerful yellow, orange, or white blooms from summer till frost. 3–8 feet



MORNING GLORY

Trumpet-shape flowers open in the morning and close by afternoon. Readily self-seeds the following year. 6–10 feet



SCARLET RUNNER BEAN

Beautiful blooms. Bountiful edible beans. A double blessing from one vine. What more can you ask? 10 feet

A yummy chew for
12 weeks* of flea & tick
protection!

(I'd **nuzzle** me, too.)



Bravecto.com

Jack's telling everyone about the flea and tick chew that gives him up to 12 weeks* of protection—and a lot more snuggle time with Lily, his Mom.

Ask your vet for
12 weeks* of love with

BRAVECTO®
(FLURALANER)

*Bravecto kills fleas, prevents flea infestations, and kills ticks (black-legged tick, American dog tick, and brown dog tick) for 12 weeks. Bravecto also kills lone star ticks for 8 weeks.

Bravecto is for dogs 6 months of age or older. Side effects may include vomiting, decreased appetite, diarrhea, lethargy, excessive thirst, and flatulence.

Please see Brief Summary of Prescribing Information on following page.

 **MERCK**
Animal Health



BRIEF SUMMARY (For full Prescribing Information, see package insert)

Caution:

Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Indications:

Bravecto kills adult fleas and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*) and the treatment and control of tick infestations [*Ixodes scapularis* (black-legged tick), *Dermacentor variabilis* (American dog tick), and *Rhipicephalus sanguineus* (brown dog tick)] for 12 weeks in dogs and puppies 6 months of age and older, and weighing 4.4 pounds or greater.

Bravecto is also indicated for the treatment and control of *Amblyomma americanum* (lone star tick) infestations for 8 weeks in dogs and puppies 6 months of age and older, and weighing 4.4 pounds or greater.

Contraindications:

There are no known contraindications for the use of the product.

Warnings:

Not for human use. Keep this and all drugs out of the reach of children. Keep the product in the original packaging until use, in order to prevent children from getting direct access to the product. Do not eat, drink or smoke while handling the product. Wash hands thoroughly with soap and water immediately after use of the product.

Precautions:

Bravecto has not been shown to be effective for 12-weeks duration in puppies less than 6 months of age. Bravecto is not effective against *Amblyomma americanum* ticks beyond 8 weeks after dosing.

Adverse Reactions:

In a well-controlled U.S. field study, which included 294 dogs (224 dogs were administered Bravecto every 12 weeks and 70 dogs were administered an oral active control every 4 weeks and were provided with a tick collar); there were no serious adverse reactions. All potential adverse reactions were recorded in dogs treated with Bravecto over a 182-day period and in dogs treated with the active control over an 84-day period. The most frequently reported adverse reaction in dogs in the Bravecto and active control groups was vomiting.

Percentage of Dogs with Adverse Reactions in the Field Study

Adverse Reaction (AR)	Bravecto Group: Percentage of Dogs with the AR During the 182-Day Study (n=224 dogs)	Active Control Group: Percentage of Dogs with the AR During the 84-Day Study (n=70 dogs)
Vomiting	7.1	14.3
Decreased Appetite	6.7	0.0
Diarrhea	4.9	2.9
Lethargy	5.4	7.1
Polydipsia	1.8	4.3
Flatulence	1.3	0.0

In a well-controlled laboratory dose confirmation study, one dog developed edema and hyperemia of the upper lips within one hour of receiving Bravecto. The edema improved progressively through the day and had resolved without medical intervention by the next morning.

For technical assistance or to report a suspected adverse drug reaction, contact Merck Animal Health at 1-800-224-5318. Additional information can be found at www.bravecto.com. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at <http://www.fda.gov/AnimalVeterinary/SafetyHealth>.

How Supplied:

Bravecto is available in five strengths (112.5, 250, 500, 1000, and 1400 mg fluralaner per chew). Each chew is packaged individually into aluminum foil blister packs sealed with a peelable paper backed foil lid stock. Product may be packaged in 1, 2, or 4 chews per package.

Distributed by:

Intervet Inc (d/b/a Merck Animal Health)
Summit, NJ 07901

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141487 R2



SWEETEN THE POTS

We adore this collection from White Flower Farm. So do the hummingbirds! Includes two Dragon Wing Pink begonias and one each of Billy Green fuchsia, ColorBlaze Keystone Kopper coleus, Strawberry Drop coleus, and Margarita sweet potato vine. (Containers not included.) Hummingbird Annual Collection, \$45 for six plants; BHGardenStore.com



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Convert any 16- to 20-inch-diameter pot into a self-watering container. Use the tube to refill its 1-gallon reservoir. Includes a water level indicator.

Self-Watering Pot Reservoir, \$21.95; gardeners.com

PHOTOS: (HUMMINGBIRD ANNUALS) WHITE FLOWER FARM, (RESERVOIR) BLAINE MOATS



**Healthy &
Beautiful
Skin**

My lifestyle gave me wrinkles

Diana is 29 years old and works as a sales assistant in Copenhagen. "I have always loved the outdoors and staying in the sun, even without protection. But unfortunately my skin started to show signs of wrinkles already in my 20's, particularly on my forehead, which frustrated me a lot. So much so, that I chose to get bangs."

I had tried other products from New Nordic with good results so when I noticed they had a skin

care tablet, I bought the product right away. The price was surprisingly low compared to other skin products I have at home.

Now, I have used the tablets for 6 months and they really work for me. I am ready to get rid of my bangs and show my forehead again. I don't feel like stopping the tablets because I feel my skin looks better, tighter and healthier. Skin Care will surely be part of my daily skin care routine now."

Diana, Copenhagen

YOUR SKIN TABLET

New Nordic introduces Skin Care™ – a new supplement designed to activate your skin's cells to generate more anti-wrinkle collagen and help your skin stay healthy and youthful looking. The ingredients will better reach the deepest layers of your skin where no anti-aging cosmetic serum reaches.



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Cook up your most delicious Shady Brook Farms® or Honeysuckle White® ground turkey recipe for a chance to win \$500.

Judged by BHG Contributing Food & Lifestyle Editor, Gaby Dalkin, we're looking for tasty, healthy and creative recipes to enjoy all summer long. Enter at

BHGPromo.com/UltimateCookout

Need inspiration? Check out Gaby's amazing recipe for Guacamole Salsa Turkey Burgers with Pepperjack Cheese on the entry page.

NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules at BHGPromo.com/UltimateCookout. The Ultimate Cookout Recipe Contest. Contest begins at 12:00 AM ET on May 7, 2015 and ends at 11:59 PM ET on June 25, 2015. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address per day. Void where prohibited. Sponsor: Meredith Corporation.



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**SNIP 'N'
SERVE**
**HERBS AT
THE READY**



PHOTOS: (PLANTER, RED CARPET COLEUS) BLAINE MOATS, (GOLDEN DREAMS, SEAWEED COLEUS) PETE KRUMHARDT

So sophisticated and sleek, this glazed stoneware pot makes smart use of limited space on a sunny windowsill. The removable sidecar holds cuttings or clippers.
SAIC Sprout Planter, \$49.95; cb2.com

3 NEW COLEUS

This fabulous annual foliage plant just keeps getting better! Shapes, colors, and variegations make the new sun-tolerant varieties versatile.



MARQUEE RED CARPET

Vivid contrast makes this coleus a fiery star in container combos, where it can shine as a filler or a thriller. 18–24 inches



GOLDEN DREAMS

Yellow leaves veined with crimson glow everywhere they grow. Use this sturdy, upright form as the anchor in a pot. 24–36 inches



SEAWEED

The finely cut foliage of this funky addition to the Under the Sea series resembles a leafy seadragon. A cute filler. 12–18 inches



EDITOR'S PICKS

See dozens of other great new annuals, perennials, shrubs, and vines. BHG.com/NewPlants

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Over **70,000 CONSUMERS** participated in an independent research study conducted by BrandSpark International and *Better Homes and Gardens*.^{*} These consumers selected the most appealing and innovative **BEAUTY, FOOD & BEVERAGE, HEALTH & PERSONAL CARE, HOUSEHOLD, and KIDS PRODUCTS** of 2015.

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- LINDA P.

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*Based on a national study conducted by BrandSpark International among 70,000 consumers. Winners are chosen using consumer appeal and repurchase intent measures proprietary to BrandSpark International. Winners are based on the highest numerical scores, and not necessarily on statistical significance.

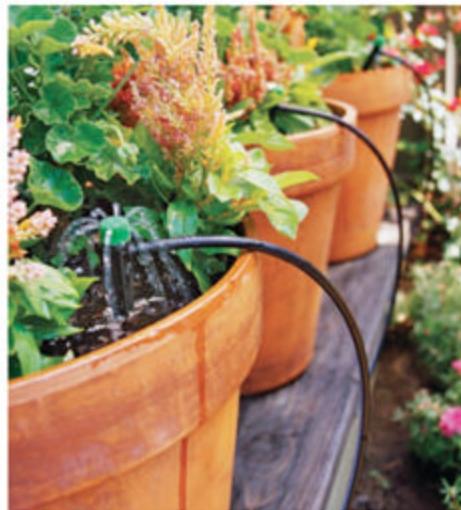
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PHOTOS: (SEDUM TILE) BLAINE MOATS,
(IRRIGATION) PETE KRUMHARDT

CUT A RUG INSTANT GROUNDCOVER



Remove a Sedum Tile from the tray and lay it on bare earth, or trim to fit a niche. The All Seasons mix, below, offers year-round interest. 1–6 inches tall; Zones 4–7 Etera 10x10-inch Sedum Tile, \$14.98; The Home Depot



EASY-DOES-IT DRIP IRRIGATION

Drip—or micro—irrigation keeps soil moist so you don't have to. Systems use water efficiently and "may be exempt from water restrictions imposed during drought," according to the Colorado State University Extension. Toro Blue Stripe Drip Starter Kit, \$12; homedepot.com ■

BETTER HOMES AND GARDENS | JUNE 2015 | BHG.COM

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life in
COLOR

/ JUNE /



PHOTOS: ANDY LYONS



A wisteria-wrapped pergola cozies up Diane and Joss Hanna's backyard deck, set up for both conversation and dining. "The benefit of having great outdoor living spaces is that you never feel like the walls are closing in," Diane says. "We can fling open the doors and spread out."

out for fun

From front porch to back deck, this California home is designed to entertain all ages.

WRITTEN AND PRODUCED BY
PAIGE PORTER FISCHER
PHOTOS EDMUND BARR
STYLING MICHAEL WALTERS





Diane, Joss, and sons Reed and Jack, top left, relax on the deck. Antique printer's blocks (a fun take on place cards) and potted-plant centerpieces create a rustic table setting, above left. From-the-fridge appetizers, left, simplify the entertaining. A bar set up on the dining table, below, encourages guests to grab drinks on their way to the deck. The teak table, opposite, can handle any kind of weather.

d

iane and Joss Hanna knew a good street when they saw it. "We were blown away by the neighborhood," Diane says. "Kids were running in and out of houses and playing ball in the yards, and everyone was walking everywhere. It was like Mayberry."

Mayberry for her is Mill Valley, California, a San Francisco suburb that families seem to never want to leave. Knowing that houses don't often come up for sale, Diane and Joss bought a home that didn't exactly wow them, thinking they would remodel. After crunching the numbers, they realized it would be cheaper to start from scratch. They hired their neighbor, architect Heidi Richardson, to design a house that would take advantage of the neighborhood. "We had two nonnegotiables," Diane says. "We wanted a front porch that was truly an extension—and expression—of our home, a place where we could watch our sons play and invite neighbors to sit and have a drink. And we wanted the public areas of the house to literally spill onto the great spaces outside the house."

The front door opens to a wide hallway, which leads to a wall of French doors along the back, where the kitchen, dining area, and family room are located. A wide backyard deck extends the living space. Inside, sturdy materials stand up to foot traffic. "We wanted materials and a layout that could handle real life," Diane says. Engineered birch floors are durable, a butcher-block island handles science projects, and poufs are upholstered in a rug that masks spills. "You want your house to be nice, but you don't want it to be precious," Diane says. "I'm happiest when kids are running past me on the porch, saying hello before they race through the house to the backyard to play with my boys. That was our goal all along."





**“FOR SOME REASON,
OUTDOOR ENTERTAINING
ISN’T OVERWHELMING.
I’M MORE RELAXED, AND
OUR FRIENDS ARE MORE
RELAXED.”**

homeowner Diane Hanna

**“WITH ALL THE WINDOWS AND
GLASS DOORS, IT TRULY FEELS
LIKE I’M IN A GREENHOUSE.
I LOVE FEELING SO CONNECTED
TO THE OUTDOORS.”**

Diane Hanna

TONED DOWN
Appliances in a warm gray finish keep the kitchen from feeling like a restaurant.

The farmhouse-style dining table, opposite, has the gets-better-with-age quality Diane wanted. Leather chairs give it a modern edge. "I didn't want bulky chairs," says Diane, who worked with designer Tineke Triggs to choose the furnishings. "These are sophisticated, and spills wipe up."

Abundant storage in the butcher-block-topped island, this photo, allowed Diane to have windows instead of upper cabinets flanking the range. Her favorite feature is the windows above the sink, where she can watch the boys play in the backyard.





"We call this the lounge," Diane says of the family room. "This sofa isn't made for sitting; it's made for lounging and watching sports." Poufs topped with trays serve as snack holders.

The hallway, below, with a built-in desk and shelves, is the family command center. "This is the path everyone takes—from the front door right through the house to the backyard," Diane says. A modern version of a white picket fence fronts the house, below left. The wraparound porch, opposite, is one of the family's favorite "rooms." A pine console near the front door makes the space feel homey. "All the kids know that's where we keep the sidewalk chalk," Diane says. Black rockers echo the color of the exterior accents. ■



OUTDOOR DECOR IN 10 MINUTES

Now is the time to love your outdoor spaces. See how to give them a boost, fast. BHG.com/Outdoor





**"THE PORCH HAS
BEEN OUR WAY OF
CONNECTING WITH
OUR NEIGHBORS. JUST
THE OTHER DAY, WE
SAT IN THE ROCKERS
WATCHING OUR SONS
PUT ON A SHOW."**

Diane Hanna

GOONIBATION

THE CHALLENGE: Create a big-batch cocktail that uses no more than six ingredients, comes together in less than 15 minutes, and serves a backyard crowd. Four of our favorite mixologists stir together their best tall pitchers of summer!

SANDIA SPRITZ

JUSTIN ELLIOTT, QUI, AUSTIN

In a blender combine 2 cups watermelon cubes, 1/4 cup lime juice, 1/4 cup honey, and 10 dashes bitters. Blend until smooth. Transfer to a pitcher. Add one 750-ml bottle sweet white vermouth and 3 cups chilled sparkling mineral water. Stir to combine. Garnish with watermelon slices. Serve over ice. Makes 10–12 servings.

APPOSTA

CHARLES JOY, CRAFTHOUSE COCKTAILS, CHICAGO

In a pitcher combine one 750-ml bottle gin, 2 cups Aperol, 2 cups sweet white vermouth, 2/3 cup strained lemon juice, and 1/2 cup chilled grapefruit soda. Garnish with thyme and orange peel. Serve over ice. Makes 10–12 servings.



BROWN DERBY

ERIC JOHNSON, BAR
AGRICOLE, SAN FRANCISCO

In a pitcher combine one 750-ml bottle bourbon, 1/4 cups lemon juice, 1/4 cups ruby grapefruit juice, 2/3 cup honey, 2/3 cup water, and 10 dashes bitters. Garnish with grapefruit slices. Serve over ice. Makes 8–10 servings.

LIME FIZZ

JON PALMER, THE BACHELOR
FARMER, MINNEAPOLIS

In a large pitcher combine one 750-ml bottle dry vermouth, one 750-ml bottle chilled dry sparkling wine, 1 1/2 cups lime juice, and 3/4 cup simple syrup. Stir to combine. Garnish with fresh mint leaves. Serve over ice. Makes 10–12 servings. ■

FREE PARTY FAVORS AND RECIPES!

Check out our Party Planner for downloadable favors and theme recipes.
BHG.com/PartyTime

UNDERSTUDY

A watertight vinyl ceiling under the second-story deck keeps the seating area dry.

RAIN DRAIN

Steppers and groundcover top a drainage system for stormwater runoff.

An ipe wood deck and bluestone patio make optimal use of outdoor living space in Nancy and Maury Plumlee's Portland, Oregon, backyard.

BROAD WAY

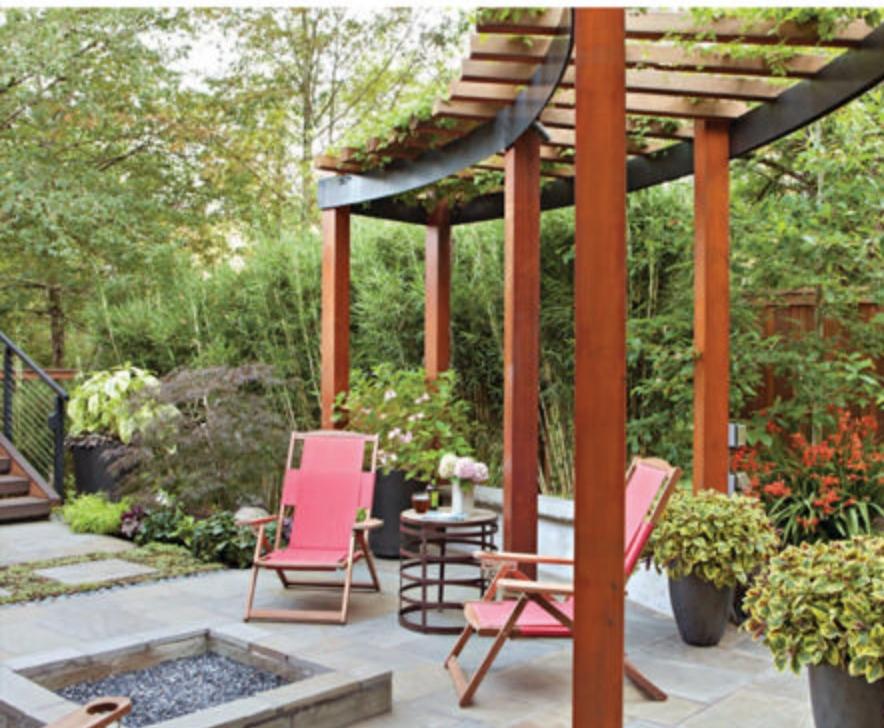
Make steps more than just a way to get from here to there. These offer places to pause and enjoy vistas.

UPS and DOWNS

An inaccessible backyard kept this family indoors until a bilevel design brought them down to earth.

WRITTEN BY JANE AUSTIN MILLER
PHOTOS LAURIE BLACK
STYLING BARBARA MUNDALL

Oh, what a view! That's high praise for a backyard that used to be such a downer. Once disconnected from the home's main level, Nancy and Maury Plumlee's Portland yard now is a welcoming family gathering place. "We wanted to create adult space" for outdoor entertaining that's easily reachable from the kitchen, Nancy says. Landscape designer Lori Scott took full advantage of the elevation with a double-duty, bilevel scheme that includes an ipe deck off the kitchen for dining, a protected area underneath for lounging, and an adjacent patio for fireside gatherings. A pergola that echoes the deck's structural materials visually links the upper and lower levels. Its unique, curved shape hugs the outline of the patio, like "enclosing arms for the garden room," Scott says. This backyard redo is a contemporary solution to a common problem. Best of all, Nancy says, "it gives us the modern look we craved."



NO LOGS HERE

Add sparkle to a fire pit with reflective fire glass. Its mirror finish shimmers in sun or firelight.

Water spills over a stone slab into a small pool, above right, creating soothing sounds as well as a dramatic focal point. Papyrus thrives in a submerged pot, while crocosmia blooms on higher ground. Variegated *Lysimachia* Walkabout Sunset fills pots in the foreground.

Steps were designed with 6-inch risers and 15-inch treads, right, a more gradual ascent than standard steps. Stainless-steel cables and powder-coated aluminum posts and handrails offer modern lines, plus open views.



**23 GREAT IDEAS
FOR PERGOLAS**

Browse our gallery to
find even more options
for your backyard.
BHG.com/Pergola

LEAFY ROOF

Covered with sweet autumn clematis, the pergola screens views from uphill neighbors. ■



BY PAIGE PORTER FISCHER | RECIPES TIM LOVE | PHOTOS CON POULOS
FOOD STYLING JILL LUST | PROP STYLING SARAH CAVE | PRODUCED BY NANCY WALL HOPKINS

LIVING SUMMER

Chef and TV personality Tim Love shares all the fixings
for a backyard feast, new Texas-style.

ZUCCHINI
PIZZA TACOS
Recipe on page 136

Grilled pizza crust forms the “shell” of Tim’s tacos, loaded with zucchini, squash blossoms, and ricotta. “This is a riff on the way kids eat their pizza—folding it over like a taco,” Tim says.

TIM LOVE HAS A SIMPLE PHILOSOPHY WHEN IT COMES TO ENTERTAINING.

"Fun first, then I think about the food," he says. "I've found that if I'm cooking in the kitchen, I feel left out of the party. But if I'm grilling, everyone congregates around the coals, we have a cocktail, and the party unfolds around the food." Tim cooks most of his no-fuss menu right on the grill, from fresh vegetable sides to the main course. "I obviously love cooking for people," says Tim, who helms six beloved Texas restaurants, including the soon-to-open Lonesome Dove Western Bistro in downtown Austin. "But to me, there's no greater moment than right before the meal, when everyone finds their place around the table, when the food is ready, and there's that feeling that a feast awaits. That sweet moment of anticipation gets me every time."



A RELAXED TABLE MEANS RELAXED GUESTS. If you're having fun, it's much more likely your guests will be, too.

Tim Love



WIN \$25,000

Enter for a chance to win \$25,000 to create the ultimate backyard party space. Details on page 166. BHG.com/Backyard



JALAPEÑO-CUCUMBER MARGARITA
Recipe on page 136

GRILLED OKRA AND TOMATOES

Recipe on page 137



CHAR-GRILLED BABY CARROTS
Recipe on page 137



Top left: "This is the best version of a margarita I know," Tim says. "The coolness of the cucumber and the spice of the jalapeño bring new flavor to this classic cocktail." Tim grills okra and tomatoes, *top right*, hot and fast, then serves them with a balsamic aioli. Sweet carrots, *left*, grow even sweeter on the grill, where Tim lets them char a little over the coals. The tart surprise is a yogurt topping spiked with spicy steak rub.

STEAK ON THE COALS WITH PICKLED PEPPERS

Recipe on page 138

SPECIAL DELIVERY

Parchment packets are impressive looking and impressively easy!

FISH AND VEGGIE WRAP-UPS

Recipe on page 138



LOVE STYLE

Practical. Casual. Light.

FRONT AND CENTER

Kitchen bowls hold succulents, air plants, and garden roses. The Loves mix in casual knife blocks for fun. "If you're going to have something in the center of the table, you might as well make it useful," Tim says.

TOP THE TABLE

Layered fabrics, runners, and tablecloths cover the table, where ivory plates and knotted napkins mark each place.

ICE IT IF YOU GOT IT

"Look, I love rosé, but I live in Texas," Tim says. "It's hot in summer, and if we're standing around the grill, we need ice-cold wine. So that's how we do it. We pour it right over ice."



"BIG FLAVOR, BIG FUN—that's the way we entertain in Texas. Bring the food out family-style and keep it coming off the grill."

Tim Love

Tim lays skirt steak, *opposite left*, directly on the white-hot coals for intense smoky flavor. (Seriously, this technique delivers the ultimate heat for easy searing—a trick straight from the pros.) The fish, *opposite right*, bakes in foolproof parchment envelopes. These surf and turf entrées are both topped with tangy peppers.

FAST & FRESH
Ribbons of fresh vegetables are gently warmed in seconds when guests ladle a garlicky chicken broth—kept sizzling on the grill—over them.



**CARAMELIZED
BANANA
CREAM PIE**

Recipe on page 138



**COFFEE WITH
A KICK**

Tim spikes after-dinner iced espresso with coffee-infused tequila and a splash of milk and sugar.

"A great pie is my go-to summer dessert," says Tim, who serves mini banana cream, caramel, and chocolate pies at home. "I make them ahead of time, so there's nothing to do after dinner but sit back and enjoy dessert." He prefers them small, so guests can eat them without a fork. ■



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FOOD

SKILLET DULCE DE
LECHE PEACH PIE
Recipe on page 126

sweet sizzle

Fresh seasonal fruit, meet grill.
Put these two together to make
some delicious summer magic.

BY MAGGIE GLISAN | PHOTOS ANDY LYONS

FOOD STYLING GREG LUNA

PROP STYLING SUE MITCHELL

GRILLED FRUIT COUSCOUS SALAD



GRILLING UNLEASHES fruit's full potential. Bold flavor and extra sweetness give simple, savory dishes a jolt of energy.

Grilled Fruit Couscous Salad

START TO FINISH 30 min.

- 2 fresh plums, pitted and halved
- 2 fresh nectarines, pitted and halved
- $\frac{1}{4}$ cup olive oil
- 1½ cups chicken or vegetable broth
- 1 cup couscous
- 2 green onions, thinly sliced
- 3 Tbsp. lime juice
- 1 Tbsp. honey
- 2 Tbsp. snipped fresh cilantro
- 1 Tbsp. snipped fresh mint
- Roasted, salted pepitas

1. Brush cut sides of fruit with 1 Tbsp. of the oil. Grill, covered, on the rack of a charcoal or gas grill directly over medium heat 3 to 5 minutes or until charred. Remove; cut into wedges or chunks.
 2. In a medium saucepan bring broth to boiling. Stir in couscous and green onions; remove from heat. Cover; let stand 5 minutes. Fluff with a fork. Set aside.
 3. In a large bowl whisk together remaining oil, lime juice, honey, $\frac{1}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Add fruit, couscous, cilantro, and mint; toss to coat. Top with pepitas. Makes 6 to 8 servings.
- EACH SERVING 297 cal, 14 g fat, 1 mg chol, 341 mg sodium, 37 g carb, 3 g fiber, 8 g pro.

Grilled Cherry Flatbread

START TO FINISH 40 min.

- 1 lb. purchased pizza dough
- 2 Tbsp. olive oil
- 3 oz. thinly sliced prosciutto, cut into strips
- 3 cups fresh sweet cherries, pitted
- 1 Tbsp. snipped fresh rosemary
- 4 oz. mixed baby greens
- 6 oz. smoked Gouda cheese, shredded (1½ cups)

1. Divide pizza dough in half. Roll each half to a 10-inch circle. Brush with 1 Tbsp. of the oil; set aside.
 2. In a 12-inch cast-iron skillet heat remaining oil on the rack of a charcoal or gas grill directly over medium heat. Add prosciutto. Cover; cook 2 minutes, stirring once. Add cherries and rosemary. Cover; cook 2 minutes more or until softened, stirring once. Remove from heat. Stir in greens.
 3. Place pizza dough directly on grill rack. Cover; grill 2 minutes. Turn dough over; grill 2 minutes more. Top with cheese, then cherry mixture. Grill, covered, 1 to 2 minutes more or until cheese melts and crust is crisp. Makes 8 servings.
- EACH SERVING 308 cal, 12 g fat, 35 mg chol, 654 mg sodium, 36 g carb, 2 g fiber, 14 g pro.



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FLATBREAD



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[BHG.com/
WinGrill](http://BHG.com/WinGrill)

Grilled Blackberries and Ice Cream

START TO FINISH 20 min.

- 2 cups blackberries
- 2 Tbsp. granulated sugar
- 1 tsp. finely shredded orange peel

In a medium bowl stir together berries, sugar, and orange peel. Thread berries on 10- to 12-inch skewers. Grill, covered, on the rack of a charcoal or gas grill directly over medium heat 3 minutes or until slightly softened, turning occasionally. Serve warm berries over *ice cream* or *gelato*. Serve with additional *orange peel*, if desired. Makes 6 servings.
EACH SERVING 186 cal, 8 g fat, 32 mg chol, 58 mg sodium, 26 g carb, 3 g fiber, 3 g pro.

Charcoal versus gas?

Either! A charcoal grill imparts a deep, smoky flavor, while gas tends to be more mild.



HALVE Larger stone fruits—peaches, plums, nectarines—take well to direct grilling. Halve and pit first so more surface area comes in contact with the grill.



SKILLET A cast-iron skillet is a great way to grill small fruits or pieces (and contain all their juices). Plus, you can cook other ingredients simultaneously.



SKEWER Smaller fruits, such as berries, are perfect for skewering. Remember to soak wooden skewers in water 30 minutes before grilling to prevent burning. ■

Skillet Dulce de Leche Peach Pie

PREP 30 min. GRILL 45 min.

- 3½ lb. peaches, halved and pitted
- 1 Tbsp. canola oil
- ½ cup granulated sugar
- 3 Tbsp. cornstarch
- 1 Tbsp. lemon juice
- 1 14.1-oz. package rolled refrigerated unbaked piecrust (2 crusts)
- ¼ cup dulce de leche
- ½ tsp. kosher salt
- 1 egg, lightly beaten

1. Brush cut sides of peaches with oil. Arrange a charcoal or gas grill for indirect grilling. Place halves, cut sides down, on rack over medium heat. Grill directly, covered, 3 minutes. Remove. Cut into ½-inch slices. Transfer to a large bowl. Toss with sugar, cornstarch, and lemon juice.

2. Grease a 9- or 10-inch cast-iron skillet. Line with one piecrust. Spoon peach mixture into crust-lined skillet. Spoon dulce de leche in mounds over filling. Sprinkle with salt. Cut slits in second crust; place over filling. Tuck dough down sides of skillet.

Crimp edge as desired. Brush pastry edges with egg. Sprinkle with *coarse sugar*.

3. Place skillet on rack over unlit side of grill. Grill, covered, 45 to 50 minutes or until crust is golden brown, rotating once halfway through. Remove. Cool on a wire rack at least 2 hours. Serve with *ice cream*. Sprinkle with *mint leaves*, if desired. Makes 8 servings.

EACH SERVING 410 cal, 17 g fat, 31 mg chol, 352 mg sodium, 65 g carb, 3 g fiber, 4 g pro.



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SOY SAUCE-MARINATED PORK CHOPS

Even though the soak time is just 20 minutes, these chops pick up major flavor from the marinade. Once on the grill, the marinade ensures the chops stay moist and develop a perfect sear.

Pin it! BHG.com/SoyPork

WHAT YOU NEED

- 4 6- to 7-oz. bone-in pork chops, trimmed (about $\frac{1}{2}$ inch thick)
- $\frac{1}{4}$ cup reduced-sodium soy sauce
- 3 Tbsp. lime juice
- 2 Tbsp. sugar
- 1 Tbsp. canola oil
- 1 Tbsp. cider vinegar
- 2 to 3 tsp. grated fresh ginger
- $\frac{1}{4}$ tsp. crushed red pepper
- 4 cups mixed spring greens
- $\frac{1}{2}$ cup chopped fresh cilantro

1. Place chops in a 3-qt. rectangular baking dish. In a small bowl whisk together soy sauce, lime juice, sugar, oil, vinegar, ginger, and crushed red pepper. Spoon 2 Tbsp. mixture over chops. Turn to coat. Cover. Let stand 20 minutes at room temperature, turning occasionally.
2. In a small saucepan bring remaining soy sauce mixture to boiling. Boil gently 1 to 2 minutes or until reduced to about $\frac{1}{4}$ cup; set aside.
3. For a charcoal or gas grill, place chops on grill rack. Cover; grill over medium heat 3 minutes per side or until chops are slightly pink in the center (145°F), turning once.
4. Place greens on a serving platter. Top with chops. Drizzle with boiled soy sauce mixture. Sprinkle with cilantro. Makes 4 servings.

EACH SERVING 259 cal, 8 g fat, 93 mg chol,
614 mg sodium, 11 g carb, 1 g fiber, 33 g pro.



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FRESHER
BREATH
AFTER
NOMMING



YOUR BREATH'S FRIEND

Serve a hearty scoop of this creamy potato salad over a wedge of iceberg lettuce. Stick the lettuce in the freezer right before serving to ensure it's extra-crisp.

♥ Pin it! BHG.com/WedgeSalad

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WHAT YOU NEED

- 1½ lb. tiny red new potatoes, quartered
- ¾ cup mayonnaise
- 2 Tbsp. cider vinegar
- 2 Tbsp. chopped fresh dill weed
- 1 Tbsp. yellow mustard
- 1 red or orange sweet pepper, chopped
- 1 stalk celery, chopped
- 1 small red onion, chopped
- ½ cup chopped dill pickles
- 1 firm ripe avocado, halved, seeded, peeled, and sliced
- 4 hard-cooked eggs, peeled and sliced
- Iceberg lettuce

1. Place potatoes in a large saucepan; cover with water. Bring to boiling; reduce heat. Cook, covered, 8 to 10 minutes or until just tender. Drain; rinse with cold water. Drain; set aside.

2. Meanwhile, in a large bowl stir together mayonnaise, vinegar, dill, and mustard. Add sweet pepper, celery, onion, and pickles; stir to combine. Add potatoes, avocado, and eggs; gently stir until just coated. Season to taste with *salt* and *pepper*. Serve over lettuce. Makes 4 servings.

EACH SERVING 593 cal, 42 g fat, 204 mg chol, 549 mg sodium, 44 g carb, 7 g fiber, 12 g pro.

GRILL TIP:

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SKEWERED STEAK & VEGGIES

Lemons develop a mellow smokiness and even grow a little sweet after a few minutes on the grill. Squeeze them over the finished steak and veggies for a final touch.

Pin it! BHG.com/SteakSkewer

WHAT YOU NEED

- 1 lb. boneless beef sirloin, cut into sixteen 1½-inch cubes
- 1 medium zucchini (about 8 oz.), sliced
- 1 red onion, cut into wedges
- 2 lemons, cut into 4 wedges each
- 1 Tbsp. canola oil
- ½ cup mayonnaise
- ¼ cup sour cream
- 1 Tbsp. Dijon-style mustard
- 1½ tsp. snipped fresh tarragon leaves
- 1 clove garlic, minced

1. On eight 10-inch skewers, alternately thread beef, zucchini, and red onion. Add lemon wedges to ends of skewers. Brush with oil. Season with *salt* and *pepper*.
2. For a gas or charcoal grill, place skewers on a grill rack directly over medium heat. Cover; grill 10 to 12 minutes or until desired doneness, turning once.
3. Meanwhile, in a small bowl stir together mayonnaise, sour cream, mustard, tarragon, and garlic. Serve sauce with skewers. Makes 4 servings.

EACH SERVING 420 cal, 31 g fat, 86 mg chol, 482 mg sodium, 8 g carb, 1 g fiber, 27 g pro.

This tangy, garlic-packed chimichurri sauce is delicious over vegetables as well as meat. Make extra to spoon over green beans or zucchini.

Pin it! BHG.com/BasilChicken

GRILLED CHICKEN WITH BASIL CHIMICHURRI



WHAT YOU NEED

- 4 skinless, boneless chicken breast halves (about 6 oz. each)
- 3 Tbsp. extra-virgin olive oil
- ½ cup chopped fresh basil
- 2 Tbsp. finely chopped red onion
- 2 cloves garlic, minced
- 2 tsp. red wine vinegar
- 2 tsp. lemon juice

1. Place each chicken breast half between two pieces of plastic wrap. Using the flat side of a meat mallet, pound chicken lightly to about ½ inch thick. Brush 1 Tbsp. oil over both sides of chicken; sprinkle lightly with *salt* and *pepper*. Heat a grill or grill pan coated with *nonstick cooking spray* over medium heat. Grill 4 minutes each side or until done (165°F).
 2. Meanwhile, for Basil Chimichurri, in a small bowl combine remaining oil, basil, onion, garlic, vinegar, and lemon juice. Season to taste with *salt* and *pepper*.
 3. Serve chicken with chimichurri. Makes 4 servings.
- EACH SERVING 301 cal, 15 g fat, 124 mg chol, 514 mg sodium, 1 g carb, 39 g pro. ■



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1



2



8



3



4



5



7



6

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If you purchased Wallboard INDIRECTLY from one or more of the companies listed below, your rights may be affected by proposed Settlements

Proposed class settlements totaling \$10.5 million have been reached with two Defendants in *In re Domestic Drywall Antitrust Litigation*, MDL No. 2437 and 13-MD-2437, pending in the U.S. District Court for the Eastern District of Pennsylvania.

If you purchased for end use wallboard manufactured and/or distributed by CertainTeed Gypsum, Inc., USG Corporation, United States Gypsum Company, New NGC, Inc., Lafarge North America, Inc., Eagle Materials, Inc., American Gypsum Company LLC, PABC Building Products, LLC, TIN, Inc., or their subsidiaries (collectively, the "Defendants"), between January 1, 2012 and November 30, 2014, you may be a class member. "Wallboard" means paper-backed gypsum wallboard, also called drywall or plasterboard.

What is the lawsuit about? Plaintiffs allege that Defendants violated state and federal laws by fixing wallboard prices, causing Class Members to pay inflated prices. Plaintiffs seek damages, injunctive relief, and attorneys' fees and expenses. Defendants deny Plaintiffs' allegations, and the Court has not determined who is right. Plaintiffs have reached separate agreements to settle the lawsuit with (1) TIN Inc. ("TIN") and (2) USG Corporation, United States Gypsum Company, and USG Corporation's subsidiary L&W Supply Corporation (collectively, "USG"). Litigation continues against the other Defendants.

Who is included? The TIN and USG Settlement Classes each include all persons or entities that indirectly purchased for end use and not for resale wallboard in the United States manufactured or distributed by the Defendants or their subsidiaries from January 1, 2012 through November 30, 2014. The settlements recover money for Class Members in Arizona, Arkansas, California, the District of Columbia, Florida, Illinois, Iowa, Kansas, Maine, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Carolina, North Dakota, Puerto Rico, Rhode Island, South Dakota, Tennessee, Utah, Vermont, West Virginia, and Wisconsin. Excluded are Defendants, their parent companies, subsidiaries, affiliates, officers, directors and employees, any federal governmental entities and instrumentalities, any judicial officer presiding over the Action, any member of his or her immediate family and judicial staff, and any juror assigned to the Action.

What do the settlements provide? In exchange for their release and dismissal, TIN will pay \$1.75 million, and USG will pay \$8.75 million. Each defendant has agreed to provide cooperation with Plaintiffs as set forth in their respective settlement agreements.

Your rights may be affected. If you are a member of either Settlement Class and wish to remain in it, you do not need to take any action now, and your interests will be represented by Plaintiffs and Class Counsel.

If you do not want to be bound by one or both settlements, you must submit a written request for exclusion, **postmarked no later than June 30, 2015**. If you exclude yourself from a Settlement Class, you will not be a part of the settlement with that defendant, but will preserve your right to file or maintain your own lawsuit against it and will not be bound by any judgment dismissing it. Excluding yourself will not affect your rights regarding non-settling Defendants.

If you do not opt out, you can object to a settlement's terms or to Plaintiffs' request to utilize up to \$2.5 million of the settlement funds to pay litigation expenses. Your objection must be **filed no later than June 30, 2015**.

More information on objecting or requesting exclusion is available at www.IndirectDrywallSettlement.com.

The Court will hold a final approval hearing on July 15, 2015 at 10 a.m. at the James A. Byrne United States Courthouse, 601 Market Street, Philadelphia, PA 19106, Courtroom 3A. The hearing may be continued without notice.

Further information is available at www.IndirectDrywallSettlement.com, or you may call 1-855-229-7511.

Do not contact the Court.

Dated: March 16, 2015 BY ORDER OF:

The United States District Court
for the Eastern District of Pennsylvania

www.IndirectDrywallSettlement.com
1-855-229-7511

LOVING Summer

Recipes from our story on page 112

Zucchini Pizza Tacos

PREP 30 min. RISE 1 hr.

- 2 $\frac{2}{3}$ cups warm water (105°F)
- 2 Tbsp. granulated sugar
- 4 $\frac{1}{2}$ tsp. active dry yeast
- 7 $\frac{1}{2}$ cups all-purpose flour
- 6 Tbsp. extra-virgin olive oil
- 1 recipe Ranchero Sauce (*below*)
- 2 8-oz. balls fresh mozzarella cheese, sliced
- 3 lb. zucchini, quartered, grilled, and sliced
- 1 small red onion, thinly sliced
- Squash blossoms (optional)
- 15 oz. ricotta cheese, strained



1. For dough, in a large mixing bowl stir together warm water and sugar. Sprinkle yeast over top. Let stand until foamy, about 10 minutes.

2. In a separate bowl whisk together flour, oil, and 1 Tbsp. *kosher salt*. Make a well in center; pour in yeast mixture. Stir with a wooden spoon until a rough dough ball forms. Transfer to a floured surface. Knead until smooth, about 5 minutes.

3. Divide dough into thirty 2-inch balls, about 2 oz. each. Arrange on an oiled tray; brush with *oil*. Cover with plastic wrap. Let stand in a warm area 1 hour or until doubled in size.

4. Return dough balls to floured surface. Roll each to a 6-inch circle. Poke all over with a fork. Brush with additional *oil*. Season with *salt* and *pepper*. Place on grill rack. Cover; grill over medium heat 1 to 3 minutes per side or until browned.

5. To assemble, spread each with 1 to 2 Tbsp. Ranchero Sauce. Add a few pieces of mozzarella, zucchini, red onion, and a squash blossom, if desired. Top with ricotta, *chives*, and *crushed red pepper*. Makes 30 tacos.

Ranchero Sauce In large saucepan heat 1 Tbsp. *vegetable oil* over medium heat. Add 2 chopped *red sweet peppers*, 2 $\frac{1}{2}$ cups *chopped tomatoes*, 1 chopped *medium white onion*, and 2 chopped *chile peppers in adobo sauce*; cook until tender. Season with *salt* and *pepper*. Add $\frac{1}{2}$ cup water; bring to boiling. Reduce heat; simmer, uncovered, 10 minutes. Remove from heat. Add $\frac{1}{4}$ cup *honey*. Transfer to blender. Puree until smooth.
EACH TACO 253 cal, 8 g fat, 18 mg chol, 349 mg sodium, 31 g carb, 2 g fiber, 9 g pro.

Jalapeño-Cucumber Margarita

START TO FINISH 15 min.

- ½ medium English cucumber, sliced
- 1 jalapeño pepper, stemmed, seeded, and sliced
- 3 cups margarita mix
- 1 $\frac{1}{2}$ cups gold tequila
- $\frac{3}{4}$ cup Patrón Citróne or orange liqueur

Rub rims of 10 glasses with *lime wedge*; dip in *kosher salt* to coat; set aside. In a large pitcher muddle cucumber and jalapeño with $\frac{1}{2}$ tsp. *kosher salt*. Add margarita mix, tequila, and liqueur. Serve over ice. Makes 10 servings.

EACH SERVING 188 cal, 0 g fat, 0 mg chol, 99 mg sodium, 22 g carb, 0 g fiber, 0 g pro.

Grilled Okra and Tomatoes

"Don't slow-cook okra, or it gets slimy—that's what gave it a bad rap," Tim says. "Cook it fast and hot, and the texture is perfect."

PREP 25 min. **GRILL** 3 min.

1½ lb. fresh okra
1 lb. cherry tomatoes
¼ cup extra-virgin olive oil
12 cloves garlic, coarsely chopped
Walnuts, toasted (optional)
1 cup mayonnaise
2 Tbsp. balsamic vinegar
½ Tbsp. lemon juice

1. In a large bowl combine okra, tomatoes, oil, garlic, ½ tsp. salt, and ¼ tsp. pepper; toss to coat. Transfer okra and tomatoes to a grill rack or grill basket. Cover. Grill tomatoes 1 to 2 minutes and okra 3 minutes, turning occasionally. Top with walnuts, if desired.
2. For balsamic aioli whisk together mayonnaise, vinegar, and lemon juice. Transfer vegetables to a serving platter. Serve with balsamic aioli. Makes 10 servings.

EACH SERVING 302 cal, 29 g fat, 9 mg chol, 265 mg sodium, 10 g carb, 3 g fiber, 4 g pro.

Char-Grilled Baby Carrots

"Kids love this dish," Tim says. "The carrots get irresistibly sweet, and they're fun to dip in the creamy yogurt sauce."

PREP 20 min. **GRILL** 20 min.

3 lb. tricolor small carrots, tops trimmed
Extra-virgin olive oil
2 cups plain Greek yogurt
¼ cup sour cream
1 Tbsp. steak rub
½ cup roasted, salted pistachios, chopped

1. Wash and scrub carrots thoroughly with cold running water. Do not peel. Place in a large bowl. Toss with oil; sprinkle with salt and pepper. Place on a grill rack. Grill, covered, over medium heat 20 to 25 minutes or until tender, occasionally rolling carrots up and down rack.
 2. For yogurt topping stir together yogurt, sour cream, rub, and ¼ tsp. kosher salt. Transfer carrots to a serving platter. Top with pistachios. Serve with yogurt topping. Makes 10 servings.
- EACH SERVING** 165 cal, 9 g fat, 5 mg chol, 510 mg sodium, 15 g carb, 4 g fiber, 7 g pro.



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Tim Love is a co-host on CNBC's *Restaurant Startup* and is the chef/owner of six Texas restaurants, including two locations of Lonesome Dove Western Bistro, in Fort Worth and Austin. Find a selection of Tim Love products including custom spice blends and his all-in-one grill, The Love Box (shown on page 113), at lovebodega.com.

BETTER HOMES AND GARDENS | JUNE 2015 | BHG.COM 137



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Perfect Peach Iced Tea

Ingredients

1/3 cup fresh mint leaves
4 tbsp Domino® Quick-Dissolve Superfine Sugar
2 tbsp fresh lemon juice
2 cups cold water
4 tea bags
1 1/2 cups peach nectar

Instructions

Crush mint leaves with sugar and lemon juice in a bowl; set aside. Bring cold water to a boil. Pour over tea bags and mint mixture in heat-proof container; stir briefly. Allow to steep 4-5 minutes or until desired strength. Strain tea into another container and add peach nectar; cool. To serve, pour into ice-filled glasses. Makes about 6 servings.

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food | recipes

Steak on the Coals with Pickled Peppers

PREP 30 min. COOL 1 hr. GRILL 3 min.

- 2 lb. assorted peppers (miniature sweet, banana, or Anaheim), seeded and cut into rings
- 4 cups red wine vinegar
- 4 cups water
- 1/2 cup granulated sugar
- 1/4 cup pickling spice
- 1/4 cup kosher salt
- 4 lb. loin skirt or flank steak
- Natural hardwood charcoal

1. For Pickled Peppers, in a large heatproof container combine all peppers; set aside. In a large pot combine vinegar, water, sugar, pickling spice, and salt. Bring to boiling; stir until dissolved. Pour over peppers; stir. Cover with plastic wrap. Let stand until cool. Transfer to an airtight container. Chill up to 4 hours. Drain; discard liquid.

2. Rub meat with *canola oil*. Sprinkle with *salt* and *black pepper*. Heat charcoal until white-hot. Spread coals in an even layer.

3. Place meat directly on coals. Grill 3 minutes for skirt steak or 5 minutes for flank steak, turning once. Remove; wrap in foil. Let stand 5 minutes. To serve, thinly slice meat across grain. Serve with pickled peppers.

EACH SERVING 307 cal, 16 g fat, 108 mg chol, 844 mg sodium, 5 g carb, 2 g fiber, 37 g pro.

Fish and Veggie Wrap-Ups

PREP 30 min. BAKE 20 min.

- 12 12x15-inch squares parchment
- 12 6-oz. skinless sea bass, halibut, or cod fillets, 1 inch thick
- 2 red/yellow sweet peppers, sliced into thin strips
- 1 Anaheim pepper, thinly sliced
- 1 bunch Broccolini, about 9 oz.
- 1 small red onion, sliced
- 12 cloves garlic, sliced
- 3 Tbsp. extra-virgin olive oil

1. Preheat oven to 375°F. For each packet place parchment on a flat surface. Place fillet in center. Season with *salt* and *pepper*. Stack a few slices of vegetables on top of fish. Drizzle with oil. Starting with side closest to you, fold bottom edge of parchment up and over fish. Fold ends of parchment in and over fish. Roll packet over once. Fold corners of top edge in toward center to form a point. Tuck pointed end into pouch.

2. Arrange packets on a very large baking sheet. Bake 20 to 25 minutes. Transfer to platter. To serve, carefully open each packet. Drizzle with *oil*. Top with fresh *mint leaves*. Pass *lime wedges*. Makes 12 servings.

EACH SERVING 307 cal, 16 g fat, 102 mg chol, 484 mg sodium, 7 g carb, 2 g fiber, 34 g pro.

Caramelized Banana Cream Pie

PREP 1 hr. COOL 1 hr. CHILL 1 hr.

- 2 cups packed light brown sugar
- 1 cup half-and-half or light cream
- 1/2 cup unsalted butter, cubed
- 2 Tbsp. vanilla
- 8 oz. white baking chocolate, chopped
- 3 egg yolks
- 3 Tbsp. granulated sugar
- 2 cups whipping cream
- 2 1/2 lb. bananas, sliced 1/4 inch thick
- 1 lemon, juiced
- 1 recipe Cookie Tart Shells (*below*)

1. For caramel, in a large saucepan combine brown sugar, half-and-half, butter, and 1 Tbsp. *kosher salt* over medium-low heat. Cook 5 to 7 minutes, whisking gently. Add vanilla; cook 1 to 2 minutes more or until thickened. Turn off heat; cool. Transfer to a container. Cover. (Chill up to 2 days. Let stand 1 hour before using.)

2. For white chocolate cream, place white chocolate in a medium bowl. In a separate bowl whisk egg yolks and sugar until pale. In a saucepan bring 1/2 cup of the whipping cream to a simmer over medium heat. Whisk into yolk mixture. Return to saucepan; stir with a wooden spoon until mixture clings to back of spoon. Pour through a fine mesh sieve placed over white chocolate. Let stand 5 minutes. Stir until just smooth. Cool 1 hour.

3. In a separate bowl whip remaining cream to almost stiff peaks. Fold half into white chocolate mixture to lighten. Fold in remaining whipped cream. Chill until set, about 1 hour.

4. To assemble, combine 1/4 cup caramel, bananas, and lemon juice. Fill each shell with 1/2 cup banana mixture. Top with white chocolate cream and *chocolate pieces*. Drizzle with caramel. Makes 12 servings.

Cookie Tart Shells In a large bowl knead two 16 1/2-oz. rolls *refrigerated sugar cookie dough* and 1/2 cup *all-purpose flour* until combined. Transfer to a floured surface. Roll dough, half at a time, until 1/4 inch thick. Using a fluted cutter, cut into twelve 4 1/2-inch rounds. Press rounds into 4-inch pie or tart pans. Bake in a 350°F oven 12 to 15 minutes. Cool. Loosen and remove shells. Store up to 2 days.

EACH PIE 911 cal, 48 g fat, 140 mg chol, 737 mg sodium, 117 g carb, 3 g fiber, 8 g pro. ■

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Frosting Starter

Ingredients

1 cup (2 sticks) unsalted butter, softened
1 (8 oz.) pkg. cream cheese, softened
1/2 cup vegetable shortening
1/2 teaspoon salt
2 teaspoons vanilla extract
1 (2 lb.) pkg. Domino® Confectioners Sugar
2 tablespoons water

Instructions

In a large bowl, using an electric mixer, combine first four ingredients. Beat on medium speed until thick. Reduce speed; add extract and gradually add sugar while mixing. Add water; beat until smooth. Divide frosting into 1-cup servings for color and flavor variations, or store for later use. Yields 6 cups.

Red Raspberry Flavor:

Combine 1 cup Frosting Starter and 2 Tbsp seedless raspberry jam in a bowl. Add 2-4 drops red food coloring gel and mix well.

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pet project **(Sun)burn notice**

When you slather up the gang before heading outside, remember sunscreen for the furriest member. "Dogs and cats are at risk for sunburns and developing skin cancer just like people are," says Kathleen Shaw, a veterinarian and media relations chair of the Vermont Veterinary Medical Association. Short-haired, light-skinned animals are most susceptible. Ask your vet which sunscreens are safe to use on dogs and cats, then use on the bridge of the nose, ears, and belly.



health showdown

Is it better to eat frozen yogurt or sorbet?

Chill out with fro yo.

"Even though the sorbet is low in calories and fat, it's really just water and sugar," says Bonnie Taub-Dix, R.D.N., author of *Read It Before You Eat It*. Frozen yogurt has some nutritional value, offering a bit of calcium, protein, and often live, active cultures that are good for digestive health. Just keep a lid on the sugary toppings.



family time

Father-son bonding

There was never a question that Jared Wadley would pass the family legacy of volunteering on to his kids. "My parents were active in our church and always helping others," says Jared, a senior public relations representative for the University of Michigan. "My mother lent a hand to several charities and served on the board of Big Brothers Big Sisters of America. Over the years, I've volunteered at church and homeless shelters and mentored at-risk kids. But I thought my eldest son, Jordan, would benefit most from training therapy dogs. With dogs, you have to be patient and kind."

With his dad's help, Jordan studied and became registered as a junior therapy dog handler in 2013. Now the two visit the local VA hospital on most weekends, where they help dogs Bella and Legend spend healing time with patients.

"I've definitely seen the positive impact on Jordan," says the proud dad. "He's more compassionate toward others, and he's become more understanding of his younger brother, Devin."

But perhaps the best benefit is a stronger bond between father and son. "When it came to personal stuff, Jordan often went to my wife," Jared says. Now, "he and I spend the drive to and from the hospital talking. Sometimes we chat about serious issues; other times we just joke around. Volunteering gives us an opportunity to cut through everyday distractions and build a true connection." —Camille Noe Pagán



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*new research***Feed your brain**

Paying attention to what you put on your plate now can help you stay sharp for the future. People who ate a diet high in whole grains, produce, and healthy fats—aka the Mind diet—reduced their risk of Alzheimer's disease up to 53 percent, finds a new study from Rush University Medical Center in Chicago. "We based the eating plan on foods shown to benefit the brain," explains study author Martha Clare Morris, Sc.D. A hybrid of the well-known Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, Mind has the advantage of being a lot less rigid. It centers around 10 foods to eat, including whole grains, vegetables (especially leafy greens), berries, nuts, beans, poultry, fish, and olive oil. You can even have one 5-oz. glass of wine daily. The five to limit: pastries and sweets, butter, fried and fatty foods, cheese, and red meat. The best news: Even people who didn't follow the diet to the letter had a 35 percent lower risk of the disease.

A healthier way to ...

Enjoy a summer cocktail

Kicking back with any ol' drink at the neighborhood barbecue could run you up to 400 calories. A smarter way to say cheers:

CHOOSE THE RIGHT PROOF The 80-proof version of most liquors—rum, vodka, tequila—is the lowest-cal choice with 97 calories per 1½-oz. serving.

SKIP SWEET MIXERS Sodas, punches, and store-bought mixers can pack in more sugar than a candy bar. Instead, use seltzer with a splash of fresh fruit juice, a few sprigs of mint, or a twist of lime, recommends Sharon Richter, a dietitian in New York City. And don't forget that tonic water contains almost the same calories and sugar as a soda.

WATCH YOUR POUR Keep it to one serving, which equals 1½ oz. liquor (a standard shot glass), 5 oz. wine, or 12 oz. beer. And set the glass down before you fill it: One study found that people gave themselves 10 percent more when they held a glass in their hands.

—Sharon Liao ■

*fit tools***Suit up**

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—Karen Asp



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BY AYN-MONIQUE KLAHRE



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3. DRINK UP With a mouth wide enough for ice cubes, this double-walled stainless-steel water bottle keeps beverages cool up to 24 hours. \$45 for 25 oz.; swellbottle.com

4. SKIN SAVERS Sunscreen sticks are perfect for protecting burn-prone spots like noses and ears. Also keep a spray or lotion on hand for full coverage. ■

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SOURCES: CORTNEY NOVOGRATZ, INTERIOR DESIGNER AND PRODUCT DESIGNER; ERIN ROONEY DOLAND, EDITOR IN CHIEF OF UNCLUTTERER.COM

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THE GOOD KID PROJECT

taking responsibility

**QUESTION**

My son's room is always a mess. How can I get him to be more responsible for his stuff?

ANSWER

It might be tempting to throw your hands up at the messiness, but helping kids develop—and stick to—the habit of being organized is beneficial on many levels. Clutter can cause stress, so having a tidy room can increase productivity and help with academics; he'll be better able to find and focus on his homework. When you're setting guidelines, talk about these bigger-picture benefits: The responsibility he takes over his room will help him now at school, in the long run at work, and in life overall.

Start by letting your child know exactly what you expect. Clean to you might mean “all clothes in the closet or hamper,” but to him it might simply mean “everything off the floor.” Most kids won’t keep things 100 percent orderly, so consider what’s necessary versus what would be nice. You could set the minimum standard, then shut his door if that drives you crazy.

Once guidelines are clear, set a time frame—perhaps that all clothes are put away by the time he goes to bed. And establish meaningful consequences. One good strategy: allowing screen time only after his room is clean. If he falls short, stick to the consequences, as that’s the only way your child will take your standards seriously. ■



**ELIZABETH
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10 best theme parks

Choose your own adventure at these family-friendly amusement parks where coasters aren't the only stars.

BY LARRY BLEIBERG

ILLUSTRATION BY SARA FRANKLIN



1 Busch Gardens Williamsburg, VA
This 40-year-old gem, dubbed the world's most beautiful theme park, wows visitors with European-style landscaping and gardens. The daredevils in your crew will love the new 154-foot coaster, Tempesto, and the whole gang will get their groove on at the Broadway-style London Rocks show.

2 Hersheypark Hershey, PA
Chocolate galore isn't the only attraction here: Check out Laff Trakk (set to open this summer), the first indoor, spinning, glow-in-the-dark ride in the United States. Catch your breath, then stop by Chocolate World, where you can find just about every Hershey chocolate candy, and see how it's made.

3 Disneyland Resort Anaheim, CA
The folks at Disney know how to put on a show, and this year's 60th anniversary is a blowout. Sleeping Beauty Castle is decked in diamonds, a new nighttime parade glows with 1.5 million LED lights synced to music, and a fireworks show features scenes from favorite movies projected on park buildings.

4 Silver Dollar City Branson, MO
While this Ozarks park is known for its down-home cooking and coasters, this year it salutes the spirit and training exercises of volunteer firefighters with six new rides. You can fight mock blazes, scramble through a fire escape maze, and explore a firehouse play place.

5 Carowinds Charlotte, NC
It's no surprise that this NASCAR city has a coaster called the Fury 325, which reaches 325 feet and up to 95 mph through hills and curves. Afterward, regain your footing at the Kickin' Country show, featuring homegrown musicians and singers.

6 Cedar Point Sandusky, OH
Roller-coaster fanatics can't miss this Lake Erie beachfront park with 17 coasters, including the brand-new Rougarou, which takes a 137-foot dive. Don't worry, there are calmer options, like the Sky Ride, a gentle gondola journey with scenic water views.

7 Universal Orlando Orlando, FL
The newest addition to this resort's immersive The Wizarding World of Harry Potter is Diagon Alley, a magical London neighborhood where tattoos crawl over skin and holograms talk. Be sure to check out the special effects ride, Escape from Gringotts, with appearances by Lord Voldemort himself.

8 Holiday World & Splashin' Safari Santa Claus, IN
Christmas decorations still up? You'll get a kick out of this park, which pays tribute to the Fourth of July, Halloween, Thanksgiving, and of course Christmas. A companion water park offers thrills like the Mammoth, the world's longest water coaster.

9 Dollywood Pigeon Forge, TN
Celebrate the 30th year of this Smoky Mountains park with a stay at the brand-new 307-room DreamMore Resort, complete with a spa, fire pit, and kids' storytelling area. While you enjoy a massage, the family can take advantage of special park privileges offered to DreamMore guests.

10 Six Flags Great America Gurnee, IL
This Chicago-area Six Flags goes back to the future by reintroducing three kiddie rides from its opening season: Lady Bugs, Red Baron Airplanes, and Tots Livery Surrey Carriage. The older set can ride Goliath, the world's fastest wooden roller coaster, then cool off at the Mega Wedgie water slide. ■

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Bruschetta Bar

Between all the pool parties, backyard BBQs, and summer birthday extravaganzas, there's a lot to celebrate these coming months. And what better way to ring in Summer than with some delicious eats!

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Blistered Summer Tomatoes



Farmers Market Salad

Head on over to www.whatsgabycooking.com for the full printable recipes along with other summertime inspiration!

CHEAT SHEET

migraines

With more treatments than ever, you don't have to suffer through these debilitating headaches.

BY LESLIE PEPPER

Three times more women than men get migraine headaches.



Staying hydrated and eating regularly (every four hours) to avoid drops in blood sugar can go a long way toward preventing migraines.

» A migraine is more than head pain

Beyond just a really bad headache, a migraine comes with a host of other symptoms. In addition to throbbing and pulsing (often on one side of the head), you might also have sensitivity to light and sound, nausea, even a runny nose and watery eyes. Research found that 80 percent of people diagnosed with sinusitis actually had migraines.

Migraine sufferers can also experience an "aura," in which you see wavy or jagged lines, dots, or flashing lights or have tunnel vision; this can start up to an hour before the pain kicks in.

» Weather and food are two major triggers

Blame it on the rain: Heat and humidity can cause brain chemical imbalances that bring on a migraine. Many foods are also suspects, including processed meats (like cold cuts), fermented or pickled foods, aged cheeses, chocolate, and alcohol, as they can inflame and dilate, or open up, blood vessels. Also, two-thirds of women who get migraines say they occur around their periods thanks to hormonal fluctuations, says Paul Schulz, M.D., professor in the department of neurology at the University of Texas Medical School.

» The earlier you treat it, the better

Taking an over-the-counter med like aspirin, acetaminophen, ibuprofen, or a migraine-specific formula the minute you feel the migraine coming on can help stop it from becoming a full-blown attack, says Roger Cady, M.D., associate executive chairman of the National Headache Foundation and director of the Headache Care Center in Springfield, MO. Once the headache takes hold, you might need a more potent Rx pill. Triptans, which work by blocking pain pathways in the brain and prompting your blood vessels to constrict, are the most effective and commonly prescribed. When digestive symptoms (nausea, vomiting) hit, a triptan nose spray, inhaler, or injection might be necessary so your body can fully absorb the medication.

» Taking too much medicine can backfire

On the flip side, using pain relievers too often (more than two to three times a week) can actually cause a migraine; that's called a rebound headache. If you get three or more migraines per month, talk to your doctor about taking meds preventively. Doctors usually turn to meds that are FDA-approved for migraines, and are also used to treat seizures, high blood pressure, or depression. Botox is approved for those who have 15 or more migraines per month.

» Alternative treatments can also work

Two of the most promising: acupuncture, in which tiny needles are inserted at specific points of your body and can release feel-good endorphins; and biofeedback, where you're connected to sensors that indicate your body's stress levels (which can be a trigger) so you can relieve tension through deep breathing. ■

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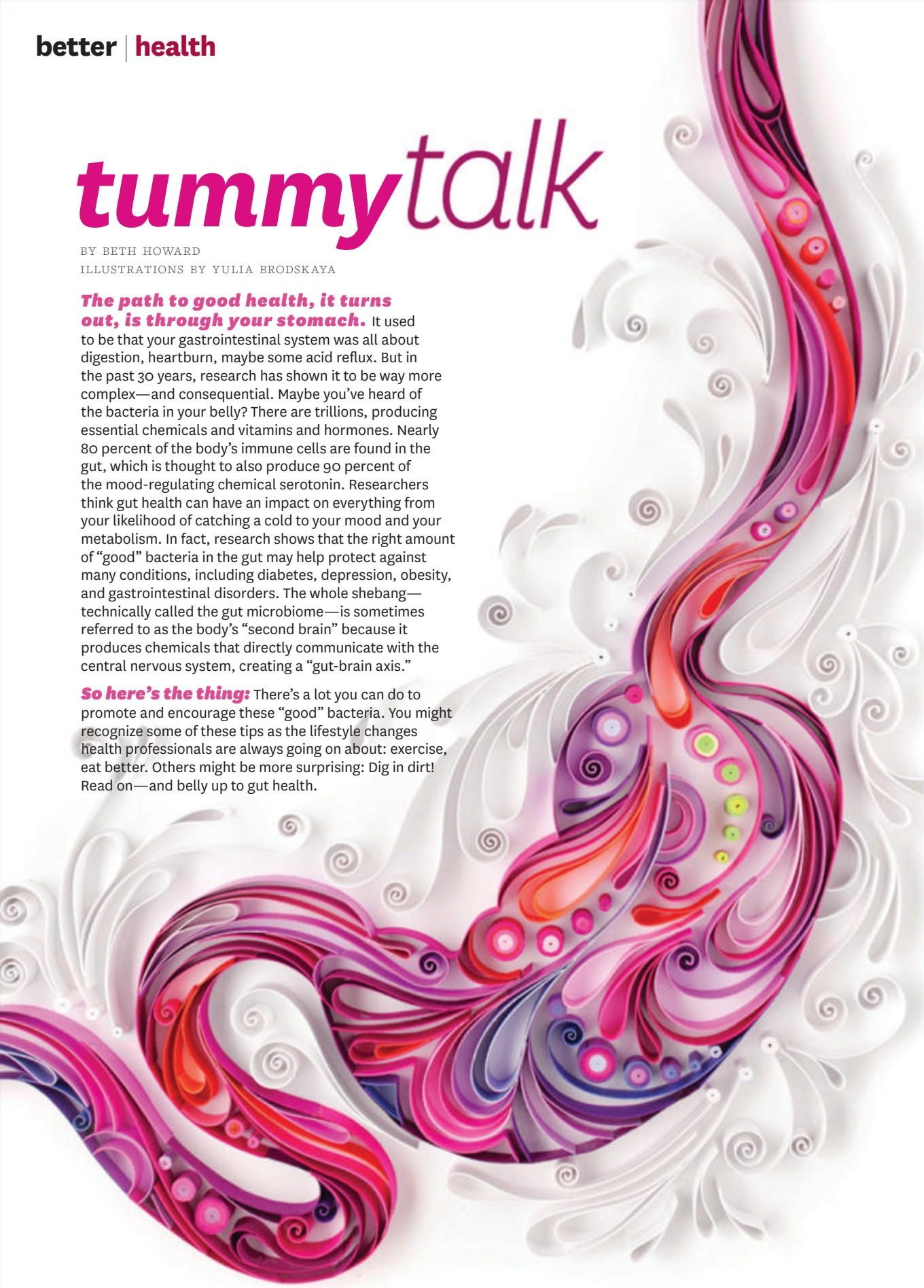
tummy talk

BY BETH HOWARD

ILLUSTRATIONS BY YULIA BRODSKAYA

The path to good health, it turns out, is through your stomach. It used to be that your gastrointestinal system was all about digestion, heartburn, maybe some acid reflux. But in the past 30 years, research has shown it to be way more complex—and consequential. Maybe you've heard of the bacteria in your belly? There are trillions, producing essential chemicals and vitamins and hormones. Nearly 80 percent of the body's immune cells are found in the gut, which is thought to also produce 90 percent of the mood-regulating chemical serotonin. Researchers think gut health can have an impact on everything from your likelihood of catching a cold to your mood and your metabolism. In fact, research shows that the right amount of "good" bacteria in the gut may help protect against many conditions, including diabetes, depression, obesity, and gastrointestinal disorders. The whole shebang—technically called the gut microbiome—is sometimes referred to as the body's "second brain" because it produces chemicals that directly communicate with the central nervous system, creating a "gut-brain axis."

So here's the thing: There's a lot you can do to promote and encourage these "good" bacteria. You might recognize some of these tips as the lifestyle changes health professionals are always going on about: exercise, eat better. Others might be more surprising: Dig in dirt! Read on—and belly up to gut health.



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GET IN TOUCH with nature

Spending all that time indoors can keep the good bacteria from getting into your gut.

Fresh air and dirt are where the good bacteria live, and experts think the more time you spend outdoors, the more likely it is that those microbes will make their way into your system, explains

Justin L. Sonnenburg, Ph.D., co-author of *The Good Gut*. Gardening or doing yard work is one way ingestion can happen; you touch dirt and surfaces that may have collected microbes, then unconsciously touch your nose and eyes. Even just taking care of an indoor plant or a window box garden can give you that exposure. So go ahead, get your hands dirty!

STRESS less

How you react to situations and events can have a powerful effect on gut bacteria.

Butterflies? Stomach turning over? All very real, physical reactions to tension. "Your digestive tract gets bathed in all sorts of stress hormones when you're anxious, which in turn can reduce levels of good bacteria and increase the bad," explains Lita M. Proctor, Ph.D., project coordinator for the NIH Human Microbiome Project. When gut bacteria levels are off, production of the mood-regulating chemical serotonin can also be impacted. Experts think that managing stress can help prevent that disturbance. Exercise is a powerful relaxant, and it doesn't take much to feel the positive effects. Be sure you're getting 30 minutes of light activity daily (think a brisk walk). Beyond that, find something that keeps you centered—yoga, meditation, a few minutes of deep breathing—and work it into your schedule.

EAT A **gut-friendly diet**

Good bacteria thrive on whole foods. Here's how to get your fill.

EAT A WIDE VARIETY OF FRUITS AND VEGETABLES

You want levels of good bacteria high, as well as diversified, says Joseph F. Petrosino, Ph.D., director of the Alkek Center for Metagenomics and Microbiome Research at the Baylor College of Medicine in Houston. Eat a veggie with every meal and at one snack, and try a new type each week as long as you can. Aim to eat what's in season, and plan a meal around vegetables, such as a stir-fry or frittata, at least once a week.

THE LESS PROCESSED, THE BETTER

The closer a food is to its natural state, the more nutrients it contains, and those nutrients are what feed bacteria. Think about it this way: "You're actually eating for two: you and your gut microbes," Petrosino says. "When you eat highly processed foods, you're limiting the growth of good bacteria." Look for food with a short list of ingredients that you can recognize and pronounce.

FOCUS ON FIBER It helps the good bacteria thrive. Aim for 20–25 grams of fiber daily. If your intake is on the lower end, start gradually working higher-fiber foods like whole grains, vegetables, nuts, and seeds into your diet. Also consider adding a few tablespoons of unprocessed bran (such as Metamucil) or psyllium husks (you can find whole versions in the supplement aisle) to cereals, casseroles, or baked goods.

ENJOY RED WINE Research shows that people who drink one glass of red wine a day have higher levels of good bacteria. Just be sure to keep it to 5 oz.



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GUT CHECK

I know what it takes to live healthy, but between the demands of work and family, I sometimes slip up. So just how healthy is my microbiome? To find out, I got in touch with the American Gut project, where experts have studied the stool samples of more than 8,000 people. Overnightsing my poop across the country isn't something I ever thought I'd do, but by analyzing thousands of samples from donors like me, scientists hope to learn more about exactly how gut bacteria affect our health and vice versa.

WHAT I FOUND OUT

At least half my microbiome is good bacteria. Some not-so-good bacteria also exist, but the levels of the bad stuff aren't high enough to be a problem, which was a relief because I took a course of antibiotics for a sinus infection a couple of months earlier and wondered if that had upset the bugs.

THE BEST NEWS

My microbiome is most similar to fellow donors who are between 40 and 45 and take a lot of vitamins. I'm 56, so I'll take it! Although vitamin D is the only supplement on my roster, I've been eating more fruits and vegetables. In fact, my profile had a strong match to people who reported liking leafy greens and vegetables.

So, even though I don't always live a perfectly healthy lifestyle, it was great to find out that every little bit does help keep my microbiome in shape.

—Beth Howard

TRY

probiotics and prebiotics

They work in pairs! Probiotics contain good bacteria; prebiotics help the bacteria flourish.

You're probably more familiar with probiotics. These are live bacteria that are good for your gut health and are found in dairy products like yogurt and the smoothie drink kefir, as well as foods that are fermented with water (rather than vinegar). These can include pickles (look for vinegar-free types at the farmer's market or health food store) and sauerkraut, as well as less familiar products like miso (a soy base for soups and sauces), kombucha (a type of tea), and tempeh (a soy product that can be mixed into stir-fries), which are easily found in health food stores and increasingly in supermarkets, too.

What about supplements? They're an option, but ask your doctor which specific probiotic strain may offer more benefit to you. Research shows that certain types may help ease symptoms of irritable bowel syndrome, for example.

Prebiotics are newer to the health buzz-o-sphere, but just as important. They're essentially food for all those probiotics; they pass through your stomach and small intestine, and then go to work stimulating the growth of good bacteria in the large intestine, Petrosino says. Find them in high-fiber foods like onions, artichokes, and asparagus; legumes such as chickpeas, red kidney beans, and lentils; and fruits like watermelon, grapefruit, and bananas.

BE CAREFUL with medication

Antibiotics can wreak havoc on the delicate balance of bacteria.

Antibiotics are one of the great health achievements of the 20th century, and there are an awful lot of reasons to turn to them—just not more than you need to. They can't tell the difference between the good and bad bacteria, killing them both and upsetting the balance. It can take weeks or months for the balance to be restored, potentially leaving you vulnerable to GI issues or viruses.

Antibiotics work only on bacterial infections, not viruses. "If your physician recommends a wait-and-see approach, don't pressure her for meds," says Sonnenburg. If you need antibiotics, eating probiotic foods or taking a probiotic supplement along with them might help. "They can act as placeholders and prevent bad strains from taking over." ■

Dear Sam,

**I thought we were in this together, but
apparently I was wrong.**

**You've been ignoring me for a while. We
don't go for walks as often as we used to.
You barely eat anything green anymore.
And you don't realize the daily pressure you
put me under. It's just too much.**

I QUIT!

Sincerely,

Your Heart

Don't let your heart quit on you. If you are living with high blood pressure, just knowing and doing the minimum isn't enough.

Uncontrolled high blood pressure could lead to stroke, heart attack or death. Get yours to a healthy range before it's too late.

Find out how at heart.org/BloodPressure



Check. Change. **Control.**™



healthy eating

swiss chard

**Meet your new summer staple:
A leafy green that's great in salads,
sandwiches, and side dishes.**

BY SARA REISTAD-LONG

PACKED WITH PROTECTION

Like its close relative the beet, Swiss chard is chock-full of antioxidants, including betalains, which can help shuttle toxins out of your body (one of the reasons you see chard in so many smoothies). It's also rich in vitamins B, C, and K. Just 1 cup of chard (cooked or raw) contains three times your daily needs for bone-strengthening K. You also get magnesium, iron, potassium, and even heart healthy omega-3s.

FRESH SIGNS

Look for bright green leaves and sturdy (not porous) stalks.

EYE DO

One cup of cooked Swiss chard offers up double your RDA of all-important vitamin A (raw has just 44 percent; cooking may impact the A content), which helps protect your peepers from infection. It also contains lutein and zeaxanthin, two antioxidants that help shield your eyes from age-related damage.



WASH & GO

Chard lasts up to four days in the fridge. Place leaves in a plastic bag with a few airholes, and don't wash until you're ready to use.

Chard it up!

Swiss chard's earthy taste with just a hint of bitterness makes it a versatile addition. Try it in:

SAALADS & SANDWICHES

Think of it as a stand-in for spinach or kale. Toss into a bed of greens, or try a few leaves on a turkey or grilled cheese sandwich for a hit of crunch.

PASTA

Liven up any pasta dish by mixing in 1 cup chard. Sauté stalks in 1 Tbsp. olive oil with garlic, pepper, and sea salt until tender. Add leaves; cook 3 minutes more.

SMOOTHIES

Mild-tasting and easily blended, the leaves are a green smoothie star. (Skip the stronger stalks.) Use about $\frac{1}{4}$ cup leaves in a 16- to 24-oz. recipe. ■

MORE FOR LESS

With 4 g fiber, 3 g protein, and only 35 calories per cup, Swiss chard is the ideal mix-in or side dish to help you feel full for fewer calories.

SOURCES: VINCENT PEDRE, M.D., FOUNDER OF PEDRE INTEGRATIVE HEALTH AND AUTHOR OF *HAPPY GUT*. DANIEL YADEGAR, CLINICAL INSTRUCTOR IN MEDICINE, ATTENDING PHYSICIAN, WEILL CORNELL MEDICAL COLLEGE.

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DESIGN PROFESSIONALS FEATURED IN THIS ISSUE

WEEKEND STYLE, pages 27–35

Interior design consultant: Elizabeth Carr, Elizabeth Carr Interiors; 917/855-6489; elizabethcarrinteriors.biz. Contractor: Hampton Custom Builders, Eastport, New York; 631/325-8625.

BERRY-LICIOUS pages 36–38

Color expert: Erika Hollinshead Ward, BluLabel Bungalow; blulabelbungalow.com.

THE HAPPIEST HOUR, pages 55–58

Visit Tara's website: Tara Guérard Soirée; taraguerardsoiree.com. Architect: Johnny Tucker, John Douglas Tucker, Architect, John's Island, South Carolina; 843/303-1594; tuckerarchitect.com.

Kitchen designer: Julie Rogers, Julie Rogers Design; Charleston, South Carolina; 843/270-2114; stonojr@yahoo.com. **Interior designer:** Angie Hranowsky, Angie Hranowsky Design Studio, Charleston, South Carolina; 843/810-3286; angiehranowsky.com.

HER FAVORITE THINGS, pages 74–80

Interior designer: Danielle Colding, Danielle Colding Design, Inc., New York; 646/300-1591; dcdny.com.

OUT FOR FUN, pages 98–105

Architect: Heidi Richardson, Richardson Architects, Mill Valley, California; 415/380-0474; richardsonarchitects.com. Interior designer: Tineke Triggs, Artistic Designs for Living, San Francisco; 415/567-0602; adlsf.com.

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i did it!

“The inside of my home is done in subtle color, so this outdoor space was the perfect excuse to use bold pops of color.”

Corey Willis



AT HOME WITH Corey Willis in San Diego.

HER PROJECT Make colorful, weather-resistant patio curtains using \$5 drop cloths. After spray-painting stripes on both sides of each panel, Corey hung the curtains from clip rings on 10-foot-long metal conduit.

CAN'T LIVE WITHOUT “My sewing machine. I've been able to create some amazing things for my home by just sewing a straight line.”

BIGGEST SURPRISE “You really can spray-paint on fabric, and it looks awesome! The colors are so vibrant.”

BEST ADVICE “Be flexible with your time frame, so you can work in stages and save a ton of money.”

See more of Corey's patio projects on her blog, tiny.sidekick.com. ■



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E-mail photos of you with your latest home project to IDidIt@meredith.com.



Cats Can't Resist[®]



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by Alex E. | apple.com/worldgallery



Shot on iPhone 6

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